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COHASSET MARINER

Friday, October 3, 2014 | Cohasset.WickedLocal.com | Vol. 37, No. 41 ■ $2

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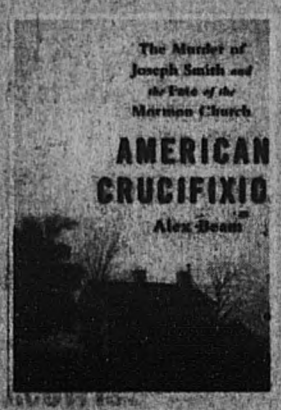

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VOCALIST

COMING IN PRINT

MEET THE SPEAKERS at the Life Beyond Cancer conference

WICKED LOCAL.com

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PAINT IT ALL PINK

Technicians at Jordan Hospital Breast Center perform screenings to detect early stages of breast cancer. COURTESY PHOTO / JORDAN HOSPITAL

Targeted treatment

Options vary widely from patient to patient

By Gerry Tuoti
Wicked Local Newsbank Editor

As researchers have gained a better understanding of breast cancer in recent years, doctors have been able to offer a wider variety of treatments that target specific strains of the disease.

"We think a breast cancer's subtype is very important," said Dr. Rachel Freedman, a breast oncologist in the Susan F. Smith Center for Women's Cancers at Dana-Farber Cancer Institute. "We used to treat it as one disease, but now know it is many different diseases."

Targeted treatments — those that attack a specific characteristic of a cancer strain — have become the norm in breast cancer care.

"The field of oncology has moved to targeted therapies," said Dr. Meredith Faggen, interim director of medical oncology at South Shore Hospital's cancer treatment center. "We still give old

SEE TREATMENT, A10

A day in the life... beyond cancer

By Liam Dacko
ldacko@wickedlocal.com

If the past three years are any indication, one day can make a big difference in the lives of those battling cancer, those in remission, as well as survivors and their caregivers.

Experts in many fields related to the various aspects of cancer will congregate in Quincy Saturday, Oct. 18 to share their wisdom and experience through professionally-led presentations and workshops during the fourth annual Art of Living — Life Beyond Cancer conference at the Quincy Marriott Hotel.

The conference, which will be held from 8 a.m. to 4 p.m., will provide opportunities for cancer survivors, their caregivers, and other to discuss myriad issues relating to cancer.

Pauline Alighieri, executive director of the Friends of Mel Foundation, said the organization that has

SEE CONFERENCE, A10

Why we're pink today

Today, our newspaper and our website have been turned pink in support of Breast Cancer Awareness Month. In fact, a portion of every newsstand or subscription sale will be donated to The American Cancer Society, where it will be put toward the fight against breast cancer.

Our parent company, GateHouse Media New England, will donate 10 percent of all "Pink" ad sales as well as 10 cents for each newspaper sold and $5 for every credit card subscription sold during the month of October to the American Cancer Society.

Over the past five years GHMNE/Wicked Local has donated nearly $100,000 to breast cancer charities.

In this pink issue and subsequent issues during the month of October you'll find stories about the challenges faced by patients and families affected by a breast cancer diagnosis, cutting edge research that offers hope for personalized treatment, ways you can help, what support services are offered in our region to families living with breast cancer, and details about the work being done in local hospitals, as well as the American Cancer Society.

PAINT IT ALL PINK
WICKED LOCAL

UPDATE

Harbor priority

Trying to get dredging back on track

By Erin Dale
edale@wickedlocal.com

Despite being placed on the backburner, dredging the Cohasset Harbor is still a priority, said town officials.

Town Manager Chris Senior gave an update on the Army Corps of Engineers project, which was slated to begin this fall but has been delayed due to no bids being received.

The project called for emergency dredging of an 11.25 acre area damaged by Hurricane Sandy, including the Cohasset Harbor entrance channel and the entrance to Bailey Creek. Sand removed from the project was going to be used to replenish Sandy Beach.

Dredging would restore the channel to what it was before the storm damage. "The whole channel has shifted," said Senior. "At low tide the channel is a beach... it has gotten narrower and shallower."

Senior said that the project had been in the works for quite a while when it was unexpectedly delayed.

"Everything was going along smoothly and fine when we went out to bid. The problem is, no bids were received," the town manager explained. Contractors that had expressed interest in bidding when the Request for Proposals (RFP) was issued ended up being tied up with other projects happening around the northeast.

"What happened was [storms] Nemo and Sandy wreaked havoc" along the east coast, said Senior, leading to an increase in dredging projects in the region. In an email from the Army Corps of Engineers, the town manager was told

SEE HARBOR, A5

NEW BUSINESS

Pleasant St. gets Green Light

Juice bar opening soon

By Erin Dale
edale@wickedlocal.com

Can a sip of green juice make you see the light?

Juice bar owner David O'Brien thinks so.

"I live in physical bliss every day, with clarity and vibrant energy," O'Brien said during a tour of his new, brightly-colored space in James Brook Crossing (1 Pleasant Street).

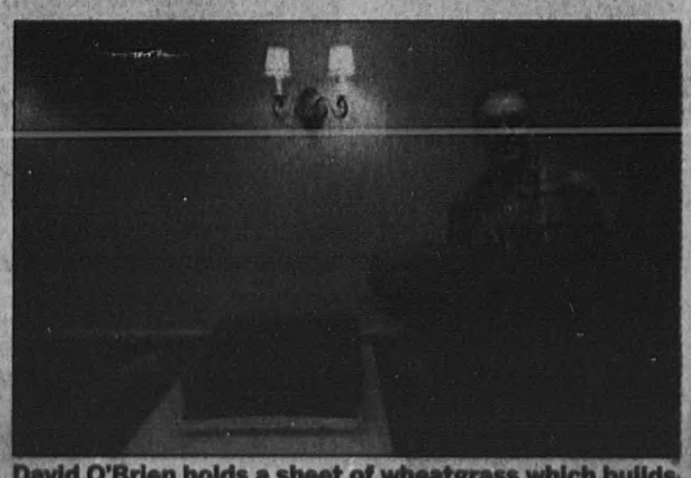
The Green Light already has a few locations along the South Shore, including the flagship shop in Pembroke at 808 Washington Street, a second spot in Marshfield at 1179 Ocean Street, and another at the Kingsbury Club in Kingston. A fourth location is slated to open this month in Duxbury, while the Cohasset shop will open in November.

"This will be amazing when we open," he said of the Cohasset store, which is located in what was the Windsor Tea Room.

O'Brien, a Duxbury resident who worked for 27 years as a roofing contractor, seems to be on a mission to share the joys of juicing.

It all started 10 years ago, when his father got sick

SEE JUICE BAR, A8



David O'Brien holds a sheet of wheatgrass which builds up the immune system by delivering oxygen to the human cell. David is a proponent of wheatgrass and says that it cleans our intestines for better uptake of nutrients to the body. WICKED LOCAL STAFF PHOTO BY ROBIN CHAN

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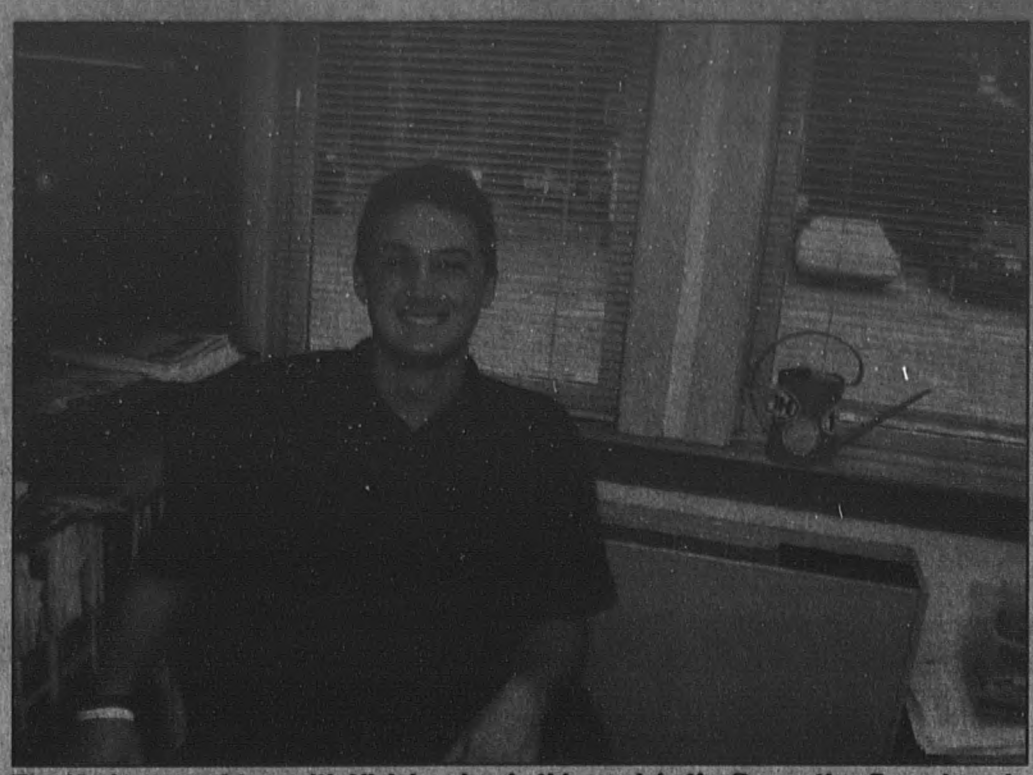

The Mariner caught up with Nick Lombardo this week in the Recreation Department office at Town Hall. If you see Nick around town, be sure to tell him you spotted him in Picture This! PHOTO BY MARY FORD

Nick Lombardo

Name: Nick Lombardo.
Occupation: Recreation assistant for the Cohasset Recreation & Scituate Recreation Departments.

Best day of your life: Graduating from College.

Best (or worst) vacation: My best vacation ever would have to be visiting New Hampshire Motor Speedway in Loudon NH, for NASCAR weekend.

Favorite season: Summer -- can't beat it!

Favorite holiday: Thanksgiving.

Favorite junk food (or meal): Popcorn & cheeseburgers.

Best book (or magazine): R.L. Stine's "Goosebumps."

Best movie (or actor): D2 Mighty Ducks.

Best TV show: Price is Right in the morning, SportsCenter at night

Best music, group, or artist: Michael Jackson & Frank Sinatra.

Pet peeve: Rude people & talking to customer service robot on the phone.

Most embarrassing moment: I asked my friend's father how fast you are supposed to go in a car wash.

Goal: More of a dream: I want to become a professional wrestler for the WWE.

Person you'd most like to meet: Stone Cold Steve Austin.

Biggest worry: I hate flying, sharks, and spiders.

Best part of Cohasset: Cohasset Recreation!

COHASSET ELDER AFFAIRS

Oktoberfest Lunch is Oct. 14

The following programs will take place at 3 North Main St. Call Cohasset Elder Affairs. Call 781-383-9112 if interested in attending either of these events and activities.

Cohasset Café: Open for the fall season. Join others from 9 to 11 a.m. on Mondays at the Lightkeepers for coffee, home baked breakfast treats, beautiful views of the harbor and conversation. A $3 donation is requested. Transportation is available if necessary. Call if you need a ride.

Trivia with Jamie and Mary: Thursday, Oct. 9, at 11 a.m., followed with lunch prepared by Chef Marilyn. $3.

Free Hearing Screenings: Wednesday, Oct. 8, from 1 to 3 p.m. with Mass Audiology, Includes free hearing aid checks and cleanings, 10-minute appointments at Cohasset Elder Affairs, 3 North Main St. Reservations required.

Oktoberfest Lunch: Tuesday, Oct. 14, at noon. Welcome Fall with us with a delightful German-style meal prepared by Chef John. $3.

Community Garden Club Workshop: Thursday, Oct. 16, from 1:30 to 2:30 p.m. Participate in this fall activity using local flowers and plants. A do-it-yourself project led by garden club volunteers that you can take home to enjoy. Lunch prepared by Chef Lilly will be served at noon. Feel free to dine with us before the class. $3. Signups necessary.

One Stroke Painting Class: Monday, Oct. 20, from 10 to 11:30 a.m., Back by popular demand, learn this unique painting method using acrylic paints to decorate note cards, vases, goblets, furniture, etc. No experience necessary. $50 per five-class session.

Explore Boston Van Tour: Thursday, Oct. 23. Departs 10 a.m. from Cohasset Elder Affairs. Experience a narrated 100-minute tour by professional guide Stephen Collins, featuring historic, architectural and literary treasures of Boston. $30 covers tour. Lunch at your own expense at the No Name restaurant in Boston. Reservations no later than Oct. 15. Limited seating. First come-first served.

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PHOTOS
Ingram Park Dedication

VIDEO
Dishing it out at Martha's in Plymouth.

BLOG: WILD ABOUT BIRDS
Pam French, owner of Wild Birds Unlimited has the word on birds.

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POPULAR STORIES ONLINE
- Norfolk County DA funds safety program. Selectmen reject use of Town Seal for Sailing Club.
- Cohasset tea time still going strong.
- Knife wielding suspect still at large.
- **VIEW FROM FRONT PORCH:** Open letter to Chris Senior.

BRIEFLY

Veterans' Benefits Forum is Nov. 8

Calling all military, veterans, dependents and widows. The third annual South Shore Community Veterans' Benefits Forum will take place from 9 a.m. to 1 p.m. Saturday, Nov. 8, at St. Anthony's parish hall, 10 Summer St., Cohasset. Light refreshments will be provided.

Connect to your benefits — meet and greet with your local veterans' services officers, The Massachusetts Department of Veterans Services, The Veterans Administration and UMass Veterans' Upward Bound. Breakout sessions on education, employment, housing, healthcare, and more will be presented.

For more information call Cohasset Elder Affairs: 781-383-9112 or email cgrande@cohassetma.org.

South Shore Tide Chart

COHASSET HARBOR (WHITE HEAD)

OCT. 2014		HIGH				LOW					
		AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.	SUNRISE	SUNSET
Thursday	02	5:50	8.4	6:09	9.4	11:51	0.9			6:41	6:22
Friday	03	6:51	8.6	7:11	9.6	12:31	0.2	12:53	0.7	6:42	6:21
Saturday	04	7:53	9.0	8:14	9.8	1:32	-0.0	1:55	0.3	6:43	6:19
Sunday	05	8:52	9.5	9:15	10.1	2:31	-0.3	2:56	-0.2	6:44	6:17
Monday	06	9:48	10.0	10:13	10.3	3:27	-0.7	3:53	-0.7	6:45	6:16
Tuesday	07	10:41	10.5	11:08	10.5	4:21	-0.9	4:48	-1.2	6:46	6:14
Wednesday	08	11:32	10.8			5:12	-1.1	5:40	-1.4	6:47	6:12
Thursday	09	12:00	10.5	12:21	10.9	6:01	-1.1	6:31	-1.5	6:49	6:11

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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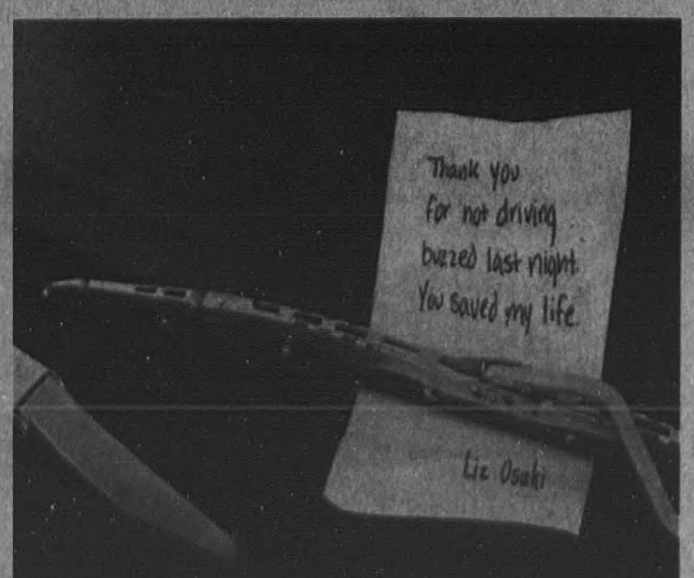

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POLICE BEAT

Man awakes to find AC unit missing

By Mary Ford
mford@wickedlocal.com

Larceny

A 49-year-old Cohasset man from N. Main Street reported to police on Friday morning (Sept. 26) that he went to bed the night before and when he awoke someone had stolen an air conditioner out of a first-floor window. The last time he saw the unit was at 10:30 p.m., police said. There was no forced entry to the window. The theft is under investigation.

ID theft

A 60-year-old Cohasset man went to the police station on Tuesday (Sept. 23) to complete an identity theft packet. His accountant had notified him that someone had used his social security number to file a fraudulent tax return. He checked with credit bureaus and there had been no unusual activity on his credit cards. Police said the man had not suffered any financial loss because he found out about the fraudulent filing so quickly.

MV stop

A 25-year-old Scituate woman who does not have a driver's license is being summonsed to Quincy District Court. At around 10:30 p.m. on Tuesday (Sept. 23), an officer stopped a 2007 Toyota Camry for speeding on Chief Justice Cushing Highway (Route 3A) near Crocker Lane. Police said the car had been traveling 68. in a 50 mph zone along 3A. The driver presented the officer with a Brazilian passport and had not obtained a driver's license even though she has been living in the area for several years. Her car was towed. She is facing the charges of unlicensed operation of a motor vehicle and speeding, police said.

Firearms

A 66-year-old man, who was helping his 94-year-old mother-in-law do some cleaning, turned in three 38-caliber pistols he found in the home last week. Two of the guns did not have serial numbers meaning they are fairly old, police said. The firearms likely belonged to the woman's late husband. Police took possession of the guns and ammunition. The son-in-law let police know he was coming.

Police will accept unwanted firearms and have them destroyed. They ask that they be notified first rather than have someone just walk into the station with a firearm, police said. Police also warned that possession of a firearm without a license to carry a gun is a criminal offense.

MVA

Two Hull women were involved in a two-car accident on Wednesday (Sept. 24) around noontime.

The 58-year-old woman, operating a 2014 Nissan Altima that rear-ended a 2003 Buick LeSabre on lower King Street was issued a citation for failure to use caution. The Buick had apparently stopped short when the Altima hit it from behind, according to witnesses, police said. Both cars were headed toward N. Main Street. The Altima had to be towed.

Bike found

Police have in their possession an abandoned purple Shimano road-master mountain bike that was fund at the corner of Grace Drive and Hull Street last Wednesday (Sept. 24). The caller said the bike had been there since Monday (Sept. 22).

Expired license

An officer stopped a 2011 Land Rover, operated by a 36-year-old Cohasset woman, on Thursday (Sept. 25) around 11:20 a.m. on S. Main Street by Summer Street for speeding. Police said the SUV was traveling 40 in a 25 mph zone. As it turned out the operator's license had expired. Efforts to help her renew her license at the scene were unsuccessful. She is being summonsed to court on the charges of unlicensed operation and speeding. The Land Rover was towed.

Scrap metal

A call about a customer taking scrap metal out of the shed at the Mobil Mart without paying for it last week was unfounded, police said. Police said the proprietor thought the customer had absconded with scrap metal because he took longer to return with the $25 check than initially thought. The customer returned after he had redeemed the metal, police said.

Resident

Calls about a suspicious person in the Avalon complex turned out to be unfounded last week. Police reported that the man who had a beard and was walking around with no shoes lives there.

Beach exit

Some good Samaritans helped an elderly woman get back up Sandy Beach with her lawn chair last Tuesday afternoon (Sept. 23). Police were called for assistance but citizens helped her before they arrived.

BUILDING PERMITS

The following building permits were issued recently at Town Hall:

Nichols, 33 Tower Lane, replace three windows/interior trim, $7,500; Henry, 95 Forest Avenue, 8 sq vinyl siding, $3,000; Gjesteby, 81 Old Pasture Road, five replacement windows, $6,475; Roncarati, 16 Joy Place, three replacement windows, $1,471; Kerrigan, 66 Howe Road, storm door, $352; Thompson, 47 Hillside Drive, 10 x 12 shed on existing foundation $3,537; Garrigan, 142 Forest Avenue, replace all windows and siding, $65,500; Santoro, 27 Linden Circle, add second floor bedroom over existing family room, $50,000; Farber, 34 Fernway, extend deck with firepit/renovate kitchen, $70,000.

Gomez, 59 Highland Avenue, in-ground Gunite pool, $52,000; Rattenbury, 29 Aaron River Road, chimney repairs to foundation, $5,252; Toll Brothers, 16 Hemlock Way, new Single Family dwelling, $277,280; Galecke, 41 Rustic Drive, complete kitchen remodel, $25,000, ; D'Orval, 273 Atlantic Avenue, 30 sq asphalt roofing, $12,000; Stop & Shop, 400 CJC Hwy., interior remodel/floors/refrigerated cases, $126,000; Montouri, 47 Brewster Road, 20 sq asphalt roofing, $7,850; Haggerty, 34 Brewster Road, replace old shed with new shed on existing foundation, $4,224; Griffith, 38A Stockbridge St., bath remodel, $13,980.

Cohasset Golf Club, 175 Lamberts Lane, install three paddle tennis courts and warming hut, $300,000; Brewer, 604 Jerusalem Road, repair chimney/install liner, $6,500; Buchanan, 14 Rust Way, interior renovations/reconfigure rooms, $350,000; Garriga , 142 Forest Avenue, 8 x 14 shed on concrete blocks, $2,800; Koncius, 30 Norfolk Road, bath remodel, $7,000; Watt, 130 #F, King St, install two signs: Paul Douglas Floral, $1,800; Lee, 11, Tupelo Road, finish cellar/replace bulkhead with passage doorway, $38,000; Waters, 6, Woodland Drive, remodel two baths, $10,000.

Harvey, 56, Jerusalem Road, second floor addition/dormer garage (no additional bedrooms), $200,000; Higgins, 251, King Street, 14x20 one-story barn addition, $6,000; Carter, 30, Rustic Drive, second floor addition/dormer garage (no additional bedrooms), $214,800; Cook, 381, Jerusalem Road, HVAC structural: bathroom vents and A/C, $10,500, ; Sheppard, 82, Jerusalem Road, extensive interior remodel/convert porch to three-season porch, $300,000; Revoir, 13, Haystack Lane, 9 sq asphalt roofing/4 sq cedar shingles: repairs to existing barn, $9,900; Yeomans, 9, Cedar Acres Lane, convert closet and pantry to master bath, $12,000, ; Buchanan, 14, Rust Way, 28 solar roof panels, $65,000.

Plecs, 17, Pleasant St., construct two-story addition, $180,000; Arruda, 151, Sohier St., renovate existing house; add 2 ½ story garage and entrance, $800,000; Savola, 56, Forest Avenue, storm door, $416; Welsh, 75, Lamberts Lane, demo and replace existing shed on concrete footings, $7,000; O'Malley, 29, Sohier St., replacement window, $2,379; Wade, 73, Whitehead Road, HVAC-install 2 hi-velocity equipment, lines sets and ducting, $20,000; Galligan, 31, Border St., strip, repair and re-roof, $12,975; Sofianne Realty Trust, 827, CJC Hwy., interior fit-out: remodel baths/new garage door, $13,000; Purdy, 49, Pleasant St., frame and weathertight room (frame only), $12,000.

COHASSET REC

N.Y.C. shopping trip planned

Gather some friends and enjoy a day in the Big Apple.

A deluxe motor coach leaves Cohasset Town Hall at 6 a.m. on Saturday, Nov. 22nd and arrives in New York City at approximately 10:30 a.m. The bus has a Midtown drop off near Rockefeller Center & pick up at 7 p.m. sharp behind St. Patrick's Cathedral.

Youth under 18 must be accompanied by an adult. Fee: $49. The Recreation Department can provide suggestions for possible activities to engage in but ultimately the fun of New York City is all up to you.

Rockefeller Center is home to over 40 restaurants, more than 100 shops, and countless attractions.

Take in a show — get up to 50 percent off ticket prices at the TKTS booth at the Marriott Marquis Hotel in Times Square. Treat your family to a horse and carriage ride through Central Park. Teens would enjoy the virtual tour of NYC located on the 2nd floor of the Empire State Building. And if you haven't had enough of a bus ride — you can see the City and the sights by taking the Gray Line buses with unlimited hop-on/hop-off.

This one-day round-trip bus ride to New York City Is the perfect itinerary for fun, holiday shopping or sightseeing (and someone else does all the driving!) Space is limited. Sign up at: cohassetrec.com

MARK YOUR CALENDAR

Flu clinics offered in Cohasset

Cohasset Board of Health has scheduled the following flu clinics. Clinics are open to any Cohasset resident 9 years of age and older. Bring health insurance cards and remember to wear a short-sleeve shirt.

Anyone who is unable to attend a clinic can call Mary Goodwin RN at 781-383-2210, ext. 130, to schedule an appointment.

Schedule:

- Oct. 7, 10 a.m. to noon, at Cohasset Town Hall auditorium.
- Oct. 14, 11 a.m. to noon, at Cohasset Elder Affairs, 3 North Main St.
- Oct. 25, 10 a.m. to noon, Cohasset Town Hall auditorium.
- Nov. 1, 10 a.m. to noon, at the Cohasset Rec Center, 55 R. S. Main Street.
- Nov. 18, 6:30 to 8 p.m., at Paul Pratt Library meeting room.

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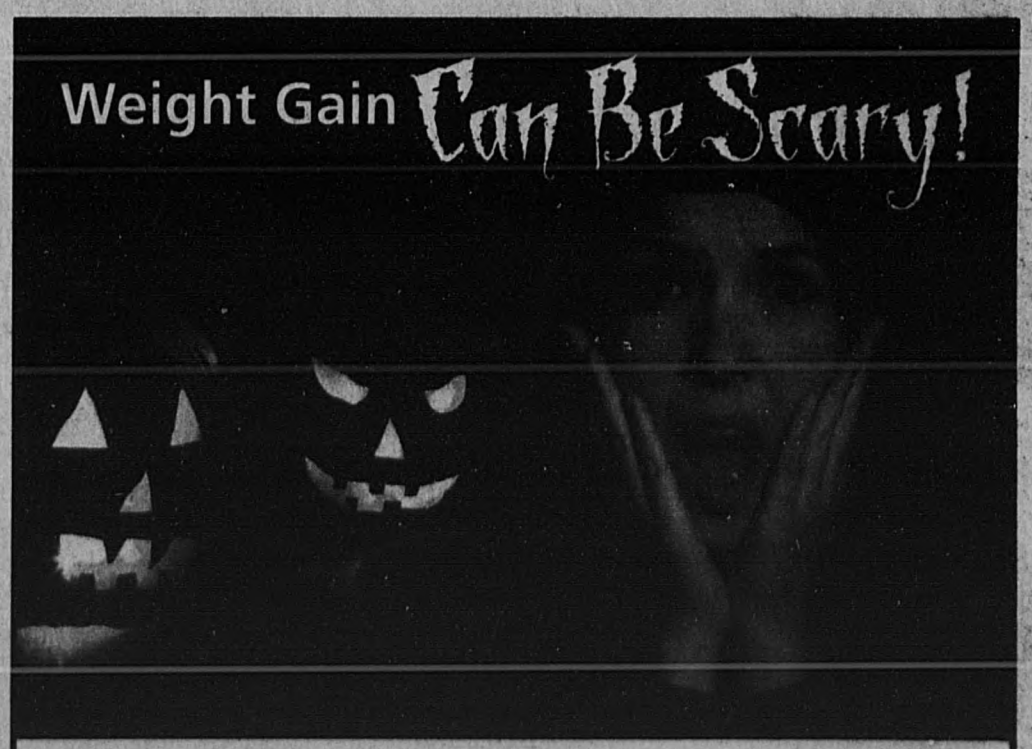

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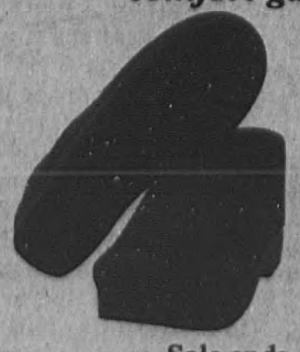

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CSCR PROGRAM

Flood maps subject of seminar

The Center for Student Coastal Research will run a double feature at 7 p.m., on Tuesday, Oct. 21. Ingeborg E. Hegemann and Matthew Creighton will jointly discuss "What's Behind the Revised FEMA Flood Maps" and "Understanding Storm Surge Impacts to the Coastline" in a one-hour free seminar at the Center at 40 Parker Ave., Cohasset.

The Massachusetts coastline is constantly being reshaped by coastal storm surge and coastal flooding. These changes impact the coastline in a variety of ways. This presentation will take a look at coastal beach, coastal dune and coastal bank erosion at several Massachusetts beaches and what role restoration plays in protecting and maintaining these resource areas, as well as adjacent properties. The presentation will also look at how manmade structures can impact the resource areas surrounding them.

Hegemann is a senior vice president with BSC Group, Inc., and manages BSC's Worcester, office. She is a scientist and planner with more than 30 years of experience in land planning and strategic regulatory consulting for public, private and institutional clients. Her expertise lies in environmental science, wetlands assessment and impact analysis, regulatory permitting and public participation. She has experience with the Massachusetts Wetlands Protection Act, Mass Environmental Policy Act impact analyses; Section 401 and 404 of Clean Water Act; local, state and federal wetland evaluations and impact analyses; stormwater management and municipal regulatory analysis, such as zoning and open space planning. Hegemann has also been a witness regarding wetland regulation on several occasions.

Creighton is a project manager and wetland scientist in BSC Group's Yarmouth office. He has 10 years of experience in both municipal and private consulting, with tasks including land management plans, marina reconfigurations, dredging, coastal resource area delineations, piers and view platforms, resource area evaluations, preparation and submittal of permits, and coastal restoration. In addition to his duties as a project manager and wetland scientist, Matt manages the West Yarmouth environmental group and is a Professional Wetland Scientist with the Society of Wetland Scientists Professional Certification Program. Projects Creighton has been involved with include municipal consulting projects such as Phinneys Harbor Marina reconfiguration and dredging in the Town of Bourne and a management plan for Palmers Island in New Bedford. He will discuss some of his projects, including restoration and beach nourishment projects.

Hegemann and Creighton will provide an introduction to the FEMA program and the changes that alarmed a number of coastal communities and landowners over the past year. It includes a comparison of the FEMA 100-year floods to hurricane floods, and ideas on how communities should start thinking about climate adaptation.

Matthew Creighton is a project manager and wetland scientist in BSC Group's Yarmouth office. COURTESY PHOTO

Ingeborg Hegemann is a senior vice president with BSC Group, Inc., and manages BSC's Worcester, office. COURTESY PHOTO

The CSCR educates students in environmental sciences, encourages environmental awareness, and promotes activism. Details are available at www.ccscr.org.

General attendance and participation is complimentary, tax-deductible donations are welcome. Register for the event using the Eventbrite link at http://ccscr.org/cscr-lecture-series.

COHASSET HISTORY

St. John shipwreck remembered

Centennial anniversary of Celtic cross memorial

By Erin Dale
edale@wickedlocal.com

A long-ago shipwreck has not yet been forgotten in Cohasset.

On October 7, 1849, the Irish brig St. John wrecked off of the coast of Cohasset. It was carrying emigrants from Galway who were headed for Boston to escape the potato famine. At least 99 passengers were killed in this tragedy, with unknown numbers lost at sea.

"This was the worst shipwreck in the history of the South Shore," said John Sullivan of the Ancient Order of the Hibernians in Plymouth.

Of those that perished, 45 unidentified emigrants were buried in Cohasset Central Cemetery. A funeral service was held a week later by Unitarian minister Joseph Osgood.

In 1914, a 20-foot high Celtic cross was in memorial of the emigrants, erected by the Ancient Order of the Hibernians and the Ladies Auxiliary. That first memorial service attracted over 10,000 people, including the governor of Massachusetts, according to Sullivan.

This Sunday, Oct. 5 at 1 p.m., the Order is holding a memorial service at St. Anthony's Parish (Summer Street) featuring an Irish soloist, Máirín ÚiChéide and the playing of the pipes by the Boston Police Gaelic Column, during both the mass and a wreath laying ceremony afterward. The Celebrant of the Memorial Mass is Monsignor Glenn.

Sullivan said that this commemoration has been a yearly tradition since 1992.

"We do this every year," Sullivan said, adding that ÚiChéide, "the soloist at the mass, is from Galway and knows of the history of the St. John. It was spoken of in her village growing up; they kept the oral tradition alive."

Sullivan said that many people from Ireland came to the commemoration in 1999, and there was a procession from St. Anthony's all the way to the gravesite.

Cohasset music producer Rik Tinory witnessed this procession and was inspired to write a song called "Mother of Ireland," which was recorded by Boston University graduate and vocalist Stacy Rock and received airplay on some 100 radio stations around the country.

Another Cohasseter was inspired to write about the St. John tragedy. The late Paul Fiori published a book, "On Grampus Ledge: The Story of the Wreck of the Brig St. John," which the author and historian spent three years researching and writing.

Evidence of the wreck still exists in Cohasset, within the Maritime Museum, which is housed in the 1760 Bates Chandlery House on Elm Street.

"There's a whole section of the museum with a replica of the ship," said Kathy O'Malley, president of the Cohasset Historical Society, although the museum is closed for the season.

There are many stories that came out of the famous shipwreck. Of the ship's passengers, only 11 survived the wreck, said Sullivan. And the survivors all returned to Ireland, save for one – 24-year-old Mary Kane, who married a Cohasset man named James St. John – in a bizarre coincidence of names.

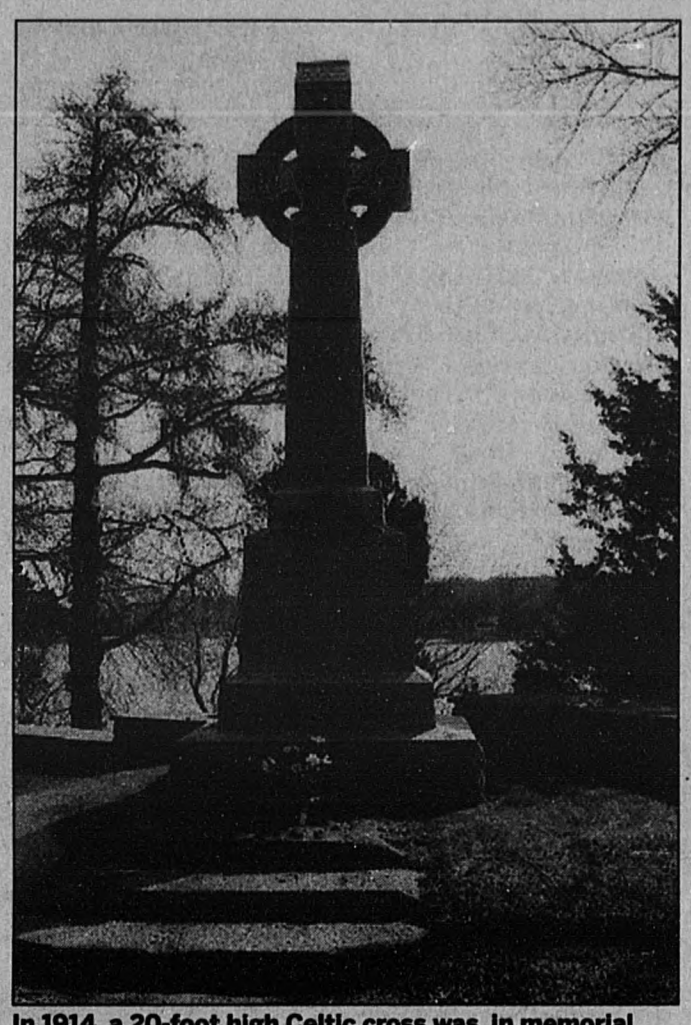
Some other familiar Cohasset names come up during research on the wreck. Henry David Thoreau, who made a detour to Cohasset to check out the wreck on his way to Cape Cod, wrote of Elizabeth Lothrop, a young girl who witnessed the entire wreck and wrote of it in her diary. Some of the survivors recovered at her home, the Lothrop House at Sandy Cove (159 Atlantic Avenue).

To Sullivan, the most poignant story is that of emigrant Patrick McSweeney.

"He saw his wife and eight children swept away. He and his three-year-old daughter Agnes tried to reach the long boat, but were never seen again," said Sullivan.

He hopes these stories will keep being told and retold as folks discover more about the past.

"It's a fascinating part of history that does not get enough attention," Sullivan said.



In 1914, a 20-foot high Celtic cross was, in memorial of the emigrants, erected by the Ancient Order of the Hibernians and the Ladies Auxiliary. COURTESY PHOTO

For more information on Sunday's service or to confirm attendance, please call John Sullivan at 781-545-1144 or email AOHPlymouth@gmail.com.

Follow reporter Erin Dale on Twitter @ ErinDaleMariner.

CCTV

Cable studio sets budget

By Erin Dale
edale@wickedlocal.com

"We've had such enthusiastic response from students who want to be engaged with the program, we added a scholarship last year."
Pat Martin, CCTV chairman

The 2015 budget for Cohasset Community Television (CCTV) has been set, as approved by the Board of Selectmen on Tuesday night.

The budget was proposed by the Cable Advisory Committee, which oversees the Cohasset cable studio's corporation, CCTV, which is required to produce an annual budget for the selectmen's approval.

While the cable studio – called 143TV – is a community resource, it is its own corporation. The studio costs are paid for by a surcharge on viewers' cable bills.

With a total income of over $127,000 from cable fees and DVD sales, and around $85,000 in expenses ranging from equipment to payroll, rental for the studio in the Middle-High School library, web hosting and Verizon Cable Access, CCTV has raked in just over $12,700 to date, and expects to net $1220 by the end of the year.

CCTV has expended around 60 percent of its budget so far, according to treasurer Paul Carlson.

"We seem to be pretty on target," Carlson said during the selectmen's meeting.

The budget looks similar for 2014, with $127,400 for the total expected income and $85,150 for expenses.

The largest expenses are the studio director's salary, with $61,000 budgeted for 2014 and $65,000 for 2015, along with stipends and contractor payments. The corporation has expended just $2,311 of that line item this year, with $10,000 budgeted, and is budgeting $8000 for next year.

The cable company pays $6000 for its rental space at the Middle-High School. This has led to a lot of student interaction over the past few years, said CCTV chair Pat Martin.

In fact, CCTV now has a scholarship for CHS students who plan to study Broadcast Journalism in college.

"We've had such enthusiastic response from students who want to be engaged with the program, we added a scholarship last year," said Martin, which keeps students involved and adds some healthy competition to the program.

There have been a few success stories since the studio launched almost three years ago. Cohasset High School alum Andrew Fewsmith, who attends Boston University, has won awards for his work on buTV10.

Selectmen chair Diane Kennedy shared that CHS alum Bobby Nahill, who worked on a school sports program on 143TV, recently started working as an on-air reporter for the University of California's TV station.

Looking to the future, the cable company is budgeting $2000 for repairs and maintenance and $1500 for studio supplies in the coming year. Studio director Don Roine explained that they will need to purchase a new editing computer this winter.

Follow reporter Erin Dale on Twitter @ ErinDaleMariner.

SCOUTS

Selectmen OK Eagle project at Wheelwright

By Erin Dale
edale@wickedlocal.com

The new kiosk will be the same size and design as the remaining kiosk at the Forest Avenue entrance; Rosen also plans to relocate that kiosk six to 10 feet from its current position in order to allow better emergency access to the park.

Finding your way around Wheelwright Park will soon be a little easier, once the damaged map and information kiosk is back in place. Thanks to an Eagle Scout, it will be.

The Board of Selectmen voted unanimously in favor of an Eagle Scout project proposed by Cohsaset High School junior Nick Rosen, 16, who is also a Junior Assistant Scout Master for Troop 28 Cohasset.

Rosen's project involves building a new information kiosk at the mail trail head in Wheelwright Park; the original was destroyed in a storm last winter. The new kiosk will be the same size and design as the remaining kiosk at the Forest Avenue entrance; Rosen also plans to relocate that kiosk six to 10 feet from its current position in order to allow better emergency access to the park.

Rosen said he will also perform some landscaping and trail maintenance around the signs.

Eagle Scout advisor Phil Lehr said he thinks "this will make a great project."

"I'm sure Nick will do a great job," said Lehr. "He doesn't need much help."

Rosen hopes to complete the project sometime this fall, and it will be done at no cost to the town.

"I will raise all the necessary funds for the materials, construction and relocation of the kiosks," Rosen said in his proposal letter to the selectmen.

Selectman Karen Quigley agreed that it's a worthwhile project.

"I think a lot of people miss the map that was there," said Quigley. "A lot of people say they get turned around or lost in there; they'll welcome having the map back."

Rosen said that he plans to enlist some of his fellow scouts to help with the project.

"Part of the idea of the eagle scout project is leadership," said Rosen. "I'll be bringing out scouts of various ages" to help.

Selectman Martha Gjesteby and selectman Kevin McCarthy also deemed it an "excellent project."

As a member of the Conservation Trust, Quigley praised the Eagle Scout program overall. "It's a super program," she said. "Everyone who's come to us has been wonderful young men. We thank the leaders for the guidance they give."

Selectmen chair Diane Kennedy commended Rosen's presentation skills. "They come in and are so poised," she said of Eagle Scouts. "It's not always easy."

And while she supports the project and the program, Kennedy said she wishes there was something similar for girls in Cohasset.

Look for more on this and other Eagle Scout projects in an upcoming edition of the Mariner.

NEWS

New blood for town boards

By Erin Dale
edale@wickedlocal.com

The Board of Selectmen have been working to reenergize town boards and committees, starting with a committee workshop that was held Monday, Sept. 29.

The workshop was a member's guide to how serving in town government works.

Selectmen chair Diane Kennedy said during the Tuesday selectmen meeting that the workshop was a success. "It was very well-attended," she said. The chosen meeting place, in the Paul Pratt Memorial Library, was standing room only.

While committee basics were covered, a few appointments were also made. The Troika — which consists of the Town Moderator and the selectmen and Advisory chairs — appointed Eric Souse to the Alternative Energy Committee, rounding out that board with its required nine members, as well as Susan Franklin to the Capital Budget Committee.

Kennedy said that it was nice to have some "gender diversity" back on the CBC.

Selectman Martha Gjesteby said that she served on the CBC years ago.

"You're a trailblazer, Martha," said Kennedy. "Thank you for blazing that path."

Community Preservation Committee member Susan Hoadley was also added to the Design Review Board.

"Several people in the community have asked to have it re-charged and re-energized."

—Town Manager Chris Senior on status of Harbor Committee

The selectmen made a few new appointments Tuesday night: Lisey Good, 241 Jerusalem Road, to the Open Space Committee, and Jason Soules, 396 Jerusalem Road, to the Other Post-Employment Benefits (OPEB) Committee.

Good, an interior designer, was unable to attend Tuesday's meeting, but Soules said that he has looked forward to serving on a town board since he moved to Cohasset. However, he has spent the past two and a half years observing and waiting in the wings.

"I promised myself I'd listen and learn how things are run" before getting involved, said Soules.

Cohasset has an outstanding $38 million OPEB liability, which means the town owes at least that much to cover health care and benefits for retired town employees.

Soules, whose entails strategizing operational efficiencies for large organizations, said that the OPEB board seemed like a good fit.

"As I thought about this topic, it's one a lot of people try to avoid being involved with; it's not a fun topic to deal with," said Soules. "It seemed like an opportunity to try to help out."

There are still a few town committees that could use new life. Kennedy brought up the Economic Development Committee, which "needs a lot more people" in order to meet.

Selectman Karen Quigley wanted to know the status of the Harbor Committee; as far as she knows, it hasn't met in some time.

"We need to figure out where it stands," said Kennedy.

Town Manager Chris Senior said that townspeople have been asking him about that board as well. "Several people in the community have asked to have it re-charged and reenergized," he said.

Kennedy said that to those interested in joining town boards, applications are available on the town website, www.cohassetmass.org.

Follow reporter Erin Dale on Twitter @ ErinDaleMariner.

BRIEFLY

Selectmen vote STM articles

The Board of Selectmen voted to include 12 articles on the upcoming Special Town Meeting warrant.

Special Town Meeting is scheduled for Monday, November 17 at 7 p.m. in the Cohasset High School gymnasium.

Although the board has yet to discuss the articles in detail, or vote to recommend any articles, they voted to include the articles on the warrant so that the Advisory Committee and other boards can review them.

Articles include amendments to the Fiscal Year 2015 operating budget; unpaid bills from previous years; paying meter fees to the Water Department; capital improvement items such as a hydrant at Government Island; and bond authorization at Bound Brook Dam, among others.

There are also three citizens' petitions on the warrant, which the selectmen have yet to discuss, one asking the selectmen to execute a lease with the Social Service League for the proposed Senior Center, which is currently under construction; another asks the town to reimburse over $9000 to selectman Martha Gjesteby for legal expenses incurred related to her position.

Look for more on these issues in an upcoming edition of the Mariner.

BRIEFLY

Selectmen continue to craft budget message for 2015

The Board of Selectmen is in the midst of crafting a budget message for Fiscal Year 2015.

The latest version of the draft, which was reviewed during the Tuesday night selectmen's meeting, added a sixth point on encouraging more citizen involvement in town government, at the suggestion of selectman Kevin McCarthy.

Selectman Karen Quigley reiterated her thoughts from last week's meeting, when she said that she did not feel this point fit the overall budget message, adding that citizen involvement is however one of the board's goals.

"I feel this is an inappropriate place to have the [board's] goals," said Quigley. "I'm more than happy to have in the warrant... but I don't feel it should be in the budget statement. I think it's an important message to be sent, but it's not the vehicle for it."

Selectmen chair Diane Kennedy said that the board's goals are in line with "current fiscal year budget goals," adding that however, the sixth point "is a little incongruous" and could be amended.

Kennedy said that she wanted to wait until the full board was present (vice-chair Steve Gaumer was absent) to vote on the budget message.

Look for more on this issue in an upcoming edition of the Mariner.

HARBOR

From Page A1

that while normally only a handful of dredging projects are going on this time of year, this year there are 15 to 20 happening at the same time.

"There is only so much dredging capacity," said Senior. "It's just a matter of unfortunate timing... There is a lot of other beach and harbor restorations going on in the northeast."

"There is only so much dredging capacity. It's just a matter of unfortunate timing... There is a lot of other beach and harbor restorations going on in the northeast." —Town Manager Chris Senior

Selectman Karen Quigley said that she has heard from folks in the community who are concerned about public health and safety, as well as how this delay will affect the town's fishing fleet.

"It's a serious issue," said Quigley, adding that she knows Harbormaster Lori Gibbons is "working as hard as she possibly can" to ensure safety.

"Nobody is more disappointed than her" that the project was delay, Quigley said, adding however, "It's something nobody could control; you can't control whether a business is going to bid on a project or not."

Selectmen chair Diane Kennedy said that she reached out to Congressman Stephen Lynch's office to see if Cohasset could be placed on an "expedited" RFP list for next fall. She said the selectmen should have an update at their next meeting.

Senior said his goal is to work with the Army Corps of Engineers and Congressman Lynch's office to find any other options, and to make sure Cohasset is "first in line in 2015" to start dredging.

Look for more on this issue in an upcoming edition of the Mariner.

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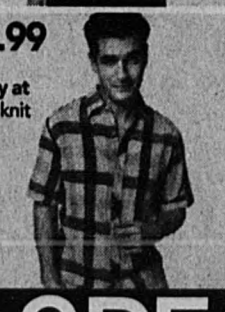

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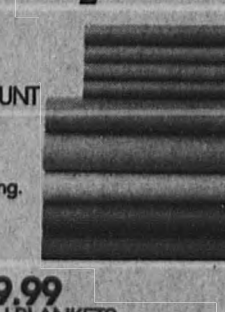

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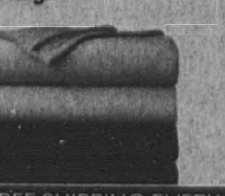

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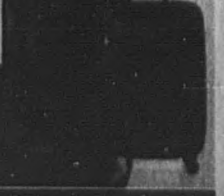

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LIFE AT CHS

In-school store supports school spirit

ASHLEY CURRAN

While the 85-degree weather this weekend was a bitter memento of summer, the torrential rain that has graced us with its presence this week reminds us that it is truly fall in New England. The autumn air has been cooling down yet the activities at CHS are certainly heating up.

After reviewing all auditions and scheduling callbacks, CHS is in the midst of preparing their very own rendition of Guys and Dolls, as the 2014 school musical. Rehearsals have just begun for both cast and crew in which the Cohasset High students will surely be able to produce a show as professional as previous productions.

In another form of school spirit, the student council is financially preparing for the year by holding a sale of merchandise from the Cohasset High School Store located in the art hallway of CHS. Over 30 students crowded into the tiny shop recently in order to pick out each item they plan on ordering. Items ranging from fleece hoodies, to bucket hats, to chap stick are being sold at reasonable prices. Personally, I know I will be shopping in there in the coming week in order to get my CHS gear for fast-approaching Spirit Week.

Although football has a bye week and spectators are wondering what they are going to do with their Friday evenings, now maybe the players will be able to recuperate and recover from some grueling injuries scattered throughout the team. On another note, both boys' and girls' soccer are gearing up for fierce competition against Carver on October 8th.

Also, next Tuesday evening, the Cohasset Education Foundation will host an informal open house for parents of seniors looking to gain more information about applying to colleges. Called "De-Stressing the College Application Process," parents of recent CHS alumni will share their thoughts and advice from personal experiences on how to manage the application process. All senior parents are welcome and encouraged to participate in the seminar. Also, this past week there was a coffee for new parents to welcome them to our community. So hopefully those new students enjoy CHS as much as the rest of us!

Before I sign off for the week, remember to be extra helpful to your parents as progress reports come out on October 7th! Hopefully the weather gets better for next week so everyone can enjoy the leaves of fall before they end up on the ground.

Ashley Curran is a senior at Cohasset High School and a regular columnist for the Cohasset Mariner.

BRIEFLY

The Cohasset Mariner has a "drop box" and pickup location at Tedeschi's in the village. The drop box is on the counter in the front window around the corner after you enter the front door.

The Mariner picks up at 8 a.m. on Mondays and Tuesdays. The drop box can be used to drop off glossy photographs, letters, flyers or other editorial copy.

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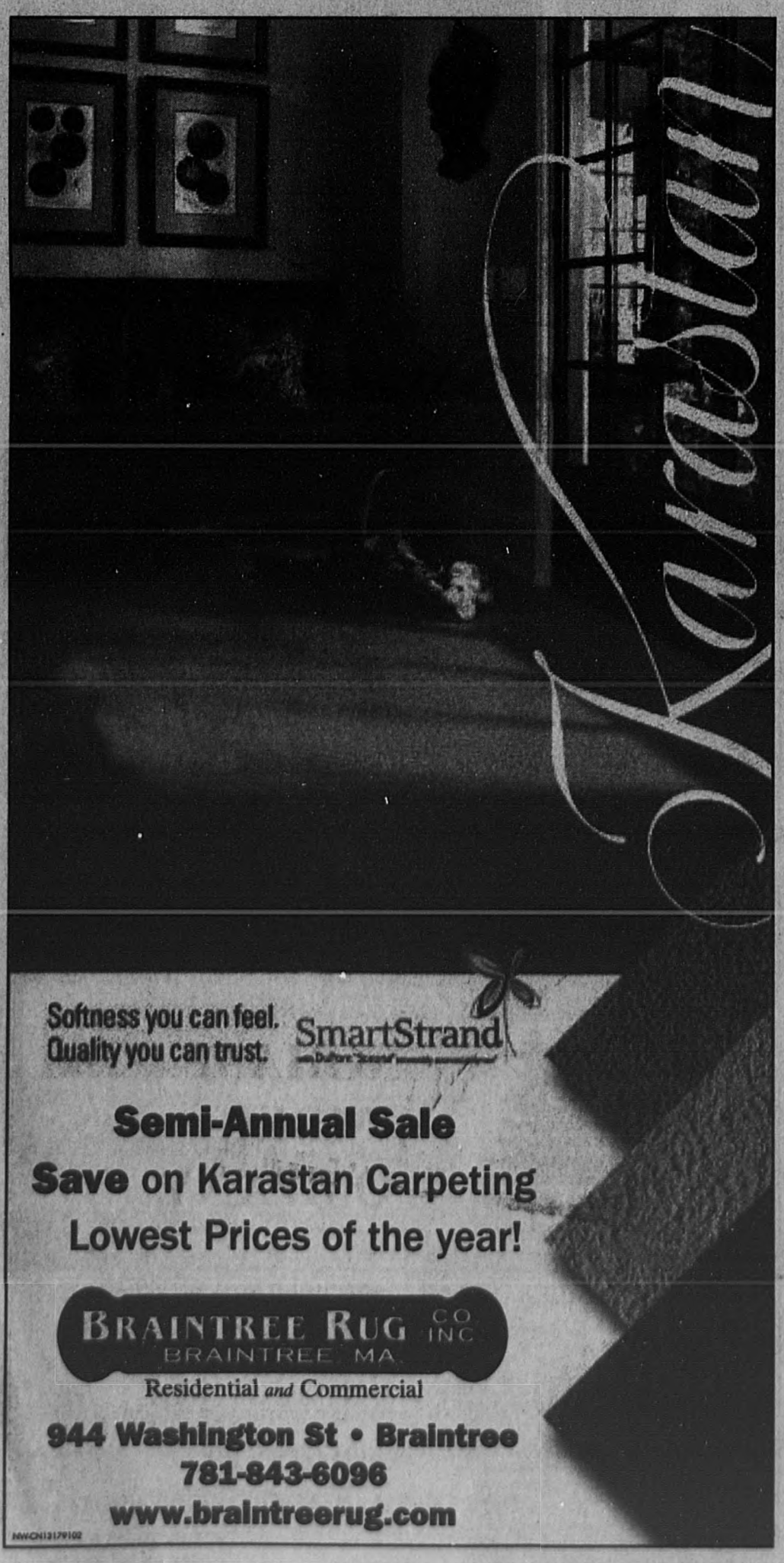

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AROUND TOWN

Taking time for the important things in life

JENNIFER PIEPENBRINK

Taking time

Hi there, Cohasset. Well, this past week has been a definite catch-up on some much-needed rain in our area. With all of the nice weather we have had over the last several weeks, it was kind of nice to enjoy some cooler, damp weather which for me, helps to bring me out of "Summer Mode" and regroup my thinking of fall, harvest fests, Halloween and then, the Holidays, yikes. I am trying hard to make sure to stop each day, even for a few moments and reflect on the NOW of life, not looking ahead too much to what is to come. I have been inundated lately with requests for help for Holiday events, pre-write up stuff for this column as well as another family publication I do and I know that I get completely caught up and overwhelmed with it all.

Do you ever feel that way where you almost never take the time to stop and think of just what is happening right now? I had the pleasure of talking at great length with a Mom in town who, unfortunately was dealing with a lot of stress and frustration at her life situation. She said her children were reacting to her emotional state and craziness in life so she decided to take one whole day just to be with her kids. No phones, no computers/tablets and definitely no drama!

They went to Sandy Beach, on a hike in Wompatuck and then, the best part of the whole day, was on the drive to Hornstra Farm in Norwell for ice cream. Her 9-year-old daughter was in the back seat being quiet. She looked in her mirror only to see her crying and asked what was wrong. The answer was, "nothing is bad Momma, I started to cry when I wanted to say thank you for playing with me and talking to me today, we never get to be just like this!" Absolutely beautiful and talk about a message...Out of the mouths of babes.

Equestrian

Starting off the news this week with great big congratulations to John Demick who participated in the Massachusetts Special Olympics Equestrian show held at Smithfield Farm in North Falmouth on Sept 21. John participated in the Walk, Trot, and Cantor category and placed third. John is a senior student at Riverview School in East Sandwich. He is also tri-captain of the Riverview School soccer team. This is great to hear John and your family is so proud of your accomplishments.

Book talk

Sunday Author Talks at the Paul Pratt Memorial Library presents Hiawatha Bray on Sunday,Nov. 2, at 4 pm. Mr. Bray will talk about his book "You Are Here". A wine & cheese reception and book signing will follow. Free admission. Seating is limited. For more information call the library at 781-383-1348 or visit: cohassetlibrary.org. Sponsored by Dean & Hamilton Realtors and A Taste For Wine & Spirits.

1-4-3

We all know by know the meaning and love of 1-4-3 right? Well, **Ron Goodwin** and Goodwin Graphics has some wonderful "1-4-3" stickers that he is sending out free(while supplies last) and all you need to do to receive one is send in a Self-addressed, stamped envelope to Goodwin Graphics, PO Box 98, Cohasset, MA 02025. So cool...

Computer classes

Are you looking for some great experience and lessons on Computer skills? The Wellspring Adult Learning Program, 814 Nantasket Road in Hull, is offering some great classes for anyone to register and attend. Financial aid is available. For any questions, or more information, call 781-925-3211, ext 24.

That is the news for this week Cohasset. Send in all your news, photos and celebration info to me no later than Tuesdays by 2 pm.
Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all. If your son or daughter has earned recognition, please share that news directly with us!
We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents.
Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.
EMAIL: aroundtowncohasset@yahoo.com

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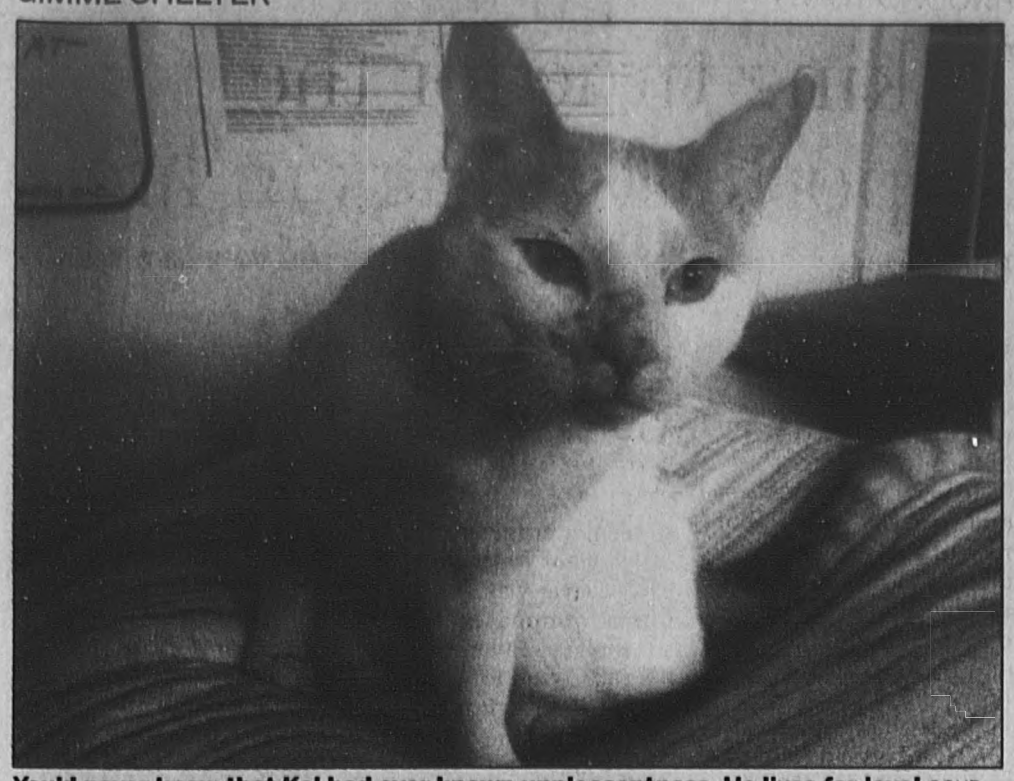
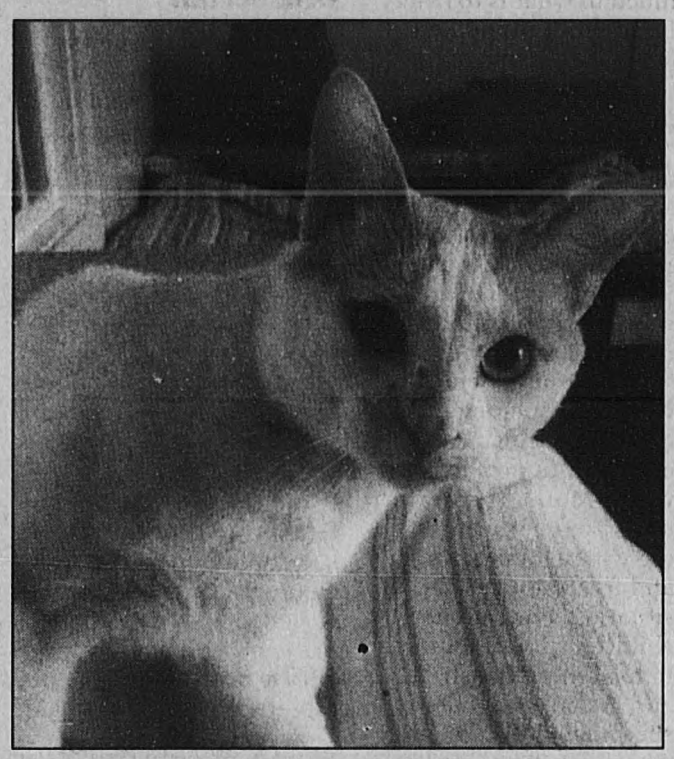
GIMME SHELTER



You'd never know that Kel had ever known unpleasantness. He lives for love! COURTESY PHOTOS

Friendly Kel doesn't hold grudges

By Casey Fredette



Even though humans have disappointed him so greatly, Kel seems unwilling to do the same to them.

Kel can't wait to meet you! This big guy is new to the shelter but he comes with a sad story that makes him stand out. This large white and orange, recently neutered male has adjusted nicely, he loves the people and animals he's met so far. Remarkable that he is such a good-natured fella considering all the mistreatment he was forced to deal with. Poor Kel was owned but for some reason they decided not to keep him. Instead of surrendering him to a shelter where he would be cared for until a new, permanent home could be found for him they decided just to dump him outside on his own. His former owner waited for a local feed and grain store to close, placed Kel in a carrier on the front steps and then, according to the camera footage, just drove away. Kel waited all night in his tiny carrier in the rain. Finally the next morning the staff arrived and brought him inside where he could dry off and have some food and water.

You'd never know that Kel had ever known unpleasantness. He lives for love! He wants to give and receive it — all the time. He knows no limits when it comes to affection with people and other animals. Even though humans have disappointed him so greatly, Kel seems unwilling to do the same to them. When he's not busy spreading the love, this 4-year-old can be found snuggling up with his roommate cats and kittens. There is so much to like about Kel, he just needs the chance to show it.

Are you willing to give Kel his chance at the home he deserves? Come visit him during the shelters open hours Monday 6:30-7:30 p.m. or Saturday 2-3 p.m. Want to know more? Call Judy, adoption coordinator at 781-534-4902. Judy can answer your questions and tell you about all of our other cats and kittens that are available.

They're here! 2015 Kittendales calendars have been printed and are ready to be ordered. Get yours today, before they're all gone! These calendars go fast and can be shipped all over the world; we fill orders to from Canada to Australia. Visit: kittendales.comto order your calendar and help support the cats and kittens of Hull Seaside Animal Rescue.

Do you have a cat or kitten in need of spaying or neutering? The Animal Rescue League's Spay Waggin' will once again be visiting Hull Seaside Animal Rescue October 27th. Spay Day is a cost-effective option for having you animals spayed, neutered and vaccinated. For $100 you can have your cat or kittens altered and pick them back up the same day at our L St location. The $100 fee includes: physical exam, surgery, rabies and distemper vaccine, and flea treatment. An appointment is needed so call or email today to reserve your spot 781-925-3121 or Hsar@verizon.net.

Casey Fredette is the shelter manager at Hull Seaside Animal Rescue.

Look for
The Shoe Market
Flyer in today's paper!
NWCH1318377

DON'T MISS THIS

5 THINGS TO DO THIS WEEK

Captain Joshua James and the crew of the Point Allerton US Lifesaving Station, 1893. COURTESY PHOTO

There's plenty going on in and around Cohasset

1 Lecture series: The Cohasset Historical Society will begin its Fall Lecture Series on Wednesday, October 8th. Guest speaker, Victoria Stevens, curator of the Hull Lifesaving Museum will talk about "Shipwrecks and Lifesaving in Boston Harbor". Victoria is project coordinator for the upcoming restoration project at the Point Allerton Lifesaving Station, home to the Museum. This program will begin at 7:30 p.m. at the Historical Society Headquarters, 106 South Main St. Light refreshments will be served and all are invited to attend what promises to be a fascinating program. Call: 781-383-1434.

2 Memorial Mass: The Father John Murphy Plymouth Division 9 of the Ancient Order of Hibernians will host a Memorial Mass at 1 p.m., Sunday Oct. 5, at Saint Anthony's Church in honor of the 99 emigrants whose lives were lost in the tragedy that was the Brig St. John, a shipwreck off of the shores of Cohasset, occurring on Oct. 6, 1849. The 99 men, women and children whose lives were lost were fleeing the Great Hunger in Ireland and were looking for a new life in America. In 1914, The Ancient Order of Hibernians and the Ladies Auxiliary (now known as the Ladies Ancient Order of Hibernians) erected a 20-foot high Celtic Cross in Central Cemetery as a memorial to those unidentified victims. For more information call John Sullivan at 781-545-1144 or email AOHPlymouth@gmail.com.

3 Seminars: Dr. Christian N. Ford will conduct three seminars this fall at the South Shore Community Center. In Dr. Ford's practice, he offers surgical and non-surgical services for cosmetic enhancement of the face, breast and body. Each seminar is 90 minutes with a question and answer session the last 15 minutes. Each seminar costs $20 and will begin at 9:30 a.m. The schedule is: Monday, Oct. 6, The Science of Facial Aging; Monday, Nov. 10, Body Contouring After Weight Loss; and Monday, Dec. 1, Demystifying the Mommy Makeover. To register visit: southshorecommunitycenter.com or call the main office at 781-383-0088.

4 Author Talks: In his recent book, "American Crucifixion," Boston Globe columnist Alex Beam provides a compelling account of Joseph Smith's life and the birth of the Church of the Latter Day Saints. Mr. Beam will speak at this season's first Sunday AuthorTalks on October 5, at 4 p.m., at the Paul Pratt Memorial Library. A wine and cheese reception will follow Mr. Beam's talk and Buttonwood Books will have copies of his book available for purchase and signing. Admission is free but seating is limited so come early to ensure a spot.

5 House Tour: The public is invited to the 90th Hingham Historic House Tour from 11 a.m. to 5 p.m., on Sunday, Oct. 5. This year's tour will offer seven homes including 18th century farmsteads, mini estates and examples of Cape and Italianate architecture. Visit the Hingham Historical Society at: hinghamhistorcal.org for information or to order tickets online with Paypal. Tickets are $30 in advance and $35 on the tour day and can be at Queen Ann's Corner: Heritage House; Hingham Centre: Hingham Centre Pharmacy and Hingham Public Library; and Hingham Square: Old Derby Academy, Whitney Gordon Jewelers and La Petite Maison. For more information, call 781-749-7721.

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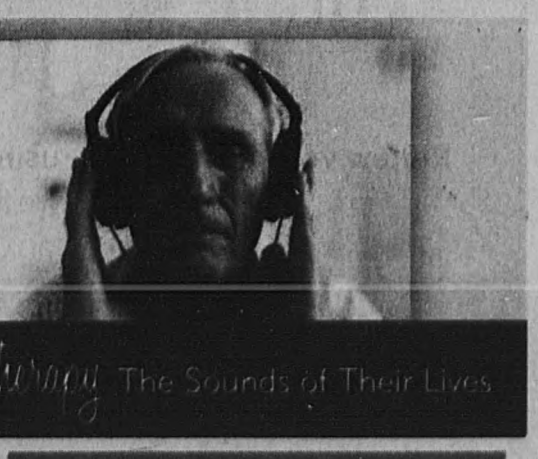

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Bridges® by EPOCH Memory Care Assisted Living at Hingham invites you to join us for a special presentation to learn about the power of music and its ability to promote memory recollection and improve our loved ones' overall health and happiness.

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This event will be held at: Bridges® by EPOCH at Hingham 1 Sgt. William B. Terry Drive, Hingham, MA

This event is free but seating is limited.
Please RSVP by phone or online by Friday, October 3.
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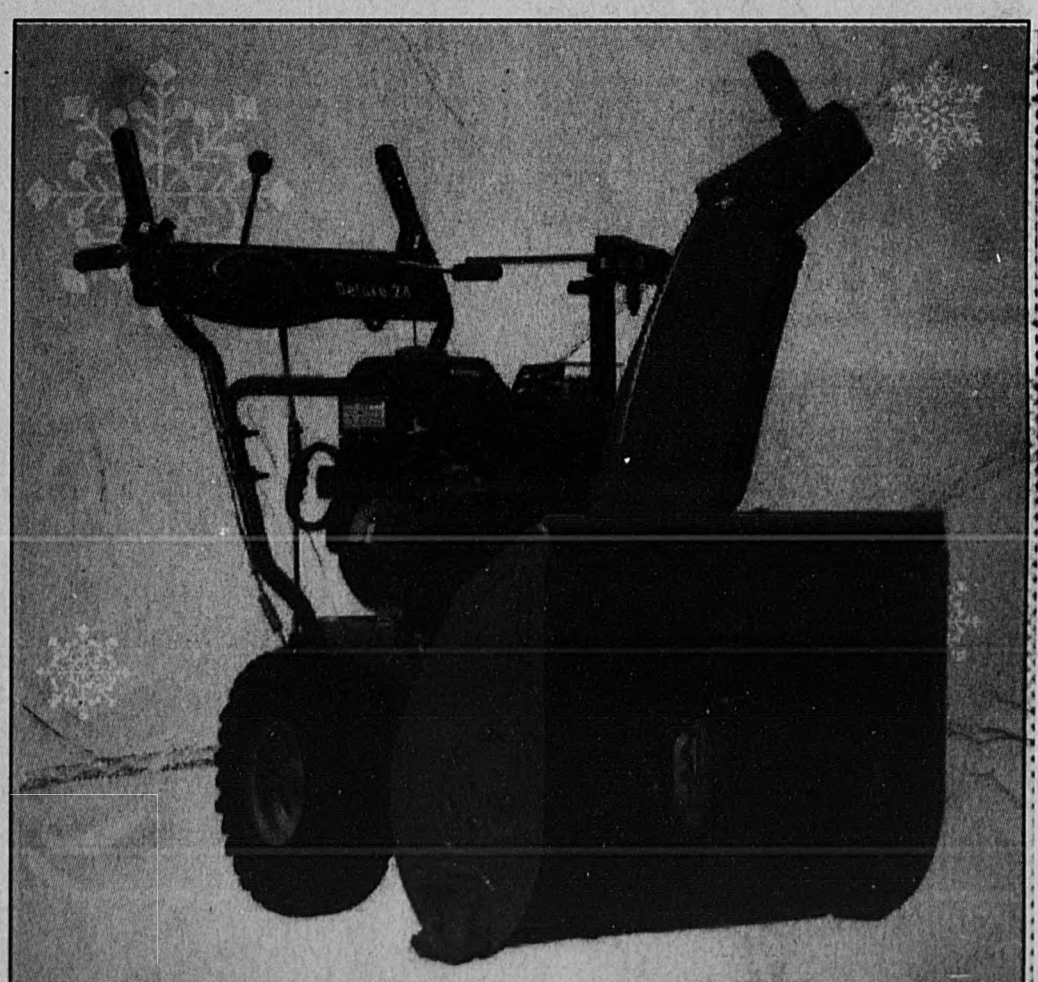

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JUICE BAR

From Page A1

and O'Brien found himself spending a lot of time in hospitals.

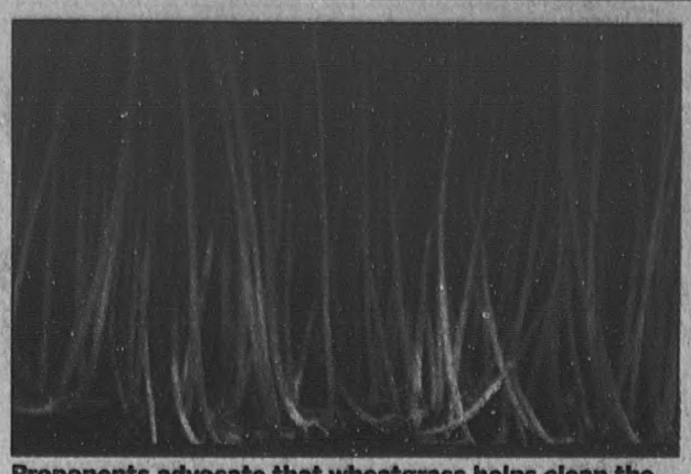
"I knew there was a better approach than chemo and conventional medicine," he said. "It's very unnatural for the body to be suffering in disease."

He started researching, and before he knew it, "I got on this path of human nutrition and how the body works."

O'Brien spent several years traveling the country and meeting with top nutritionists. "I discovered how the human body is supposed to be nourished."

After stints on the West Coast, O'Brien got hooked on juice cleanses, leading him to launch the Green Light.

But it's not just a juice bar, O'Brien, a certified raw food chef, cautions. "We're really a wellness center... We do surgeries without scalpels."



Proponents advocate that wheatgrass helps clean the intestines for better uptake of nutrients to the body. It is considered safe with few adverse side effects. WICKED LOCAL STAFF PHOTOS BY ROBIN CHAN

Cleanses offered at the Green Light focus on improving intestinal health and building up the immune system.

"If people want to get super cleaned out and healthy, they need to get oxygen to their cells," O'Brien explained, which happens when the body absorbs nutrients.

This can't be accomplished by eating the SAD (Standard American Diet) way, the raw foodist said. "It takes a lot of energy to digest spaghetti and meatballs."

The Green Light owner's quest for better health led him to change his diet drastically 10 years ago, eliminating all animal products – meat, eggs and dairy – and all cooked food. As a result, "I went to a better level of health."

Proponents of wheatgrass say it improves the immune system with the increased delivery of oxygen to the cells.

And he wouldn't go back for anything.

"Nothing tastes as good as healthy feels," said O'Brien. Clean eating as lifestyle – not just a diet – is key, and for O'Brien, it only seems to get better and better.

"My healthiest day is tomorrow," he said.

While not everyone may ascribe to the same dietary practices, O'Brien believes that a cleanse can benefit anyone. "I see people's eyes from the yellow of these walls to white."

The juice proprietor admits to being passionate about what he does, and eager to share it not just with the South Shore, but the world. His goal is to continue to grow the company and eventually expand internationally, with a line of raw vegan foods ranging from granola to artisanal cheeses.

In the meantime, the Green Light offers classes so that clients can take charge of their own health at home. Raw cooking lessons include how to grow wheatgrass and make delectable items such as vegan chocolate or pecan truffles rolled in coconut and topped with coconut cream, raw vegan pizzas, and dairy-free Caesar salads.

Not up for diving into raw cooking just yet? Customers can purchase three, five or seven-day cleanses.

But according to O'Brien, the best way to start is with a simple shot of wheatgrass, which is grown locally from 100 percent organic virgin soil. The Green Light has sold 2000 shots of wheatgrass to date.

When asked what sets the Green Light apart from other juice joints around

"I discovered how the human body is supposed to be nourished."

—David O'Brien, owner

(there are two others in Cohasset alone), O'Brien said it's the sourcing of all local and organic ingredients – plus the fact that none of his juices are sweet. That means no beets, no carrots, no cashew milk, soy, sugar or agave nectar.

"We use green, green, green, green," O'Brien said.

Walking in the Green Light might just make you into a believer. "When you smell the cilantro, apple and ginger... it's amazing," the juice bar owner said.

Cohasset's newest juice bar will open the first week of November. O'Brien is looking forward to his newest launch.

"I feel very fortunate and blessed to have the opportunity to be part of the Cohasset community," he said. "It's a privilege to be in this beautiful space."

For more on The Green Light, visit www.bethegreenlight.com, call 781-924-1197, "Like" on Facebook (www.facebook.com/bethegreenlight), or stop by one of the locations including 808 Washington Street in Pembroke (open from 7 a.m. to 3 p.m., Monday through Friday).

Follow reporter Erin Dale on Twitter @ ErinDaleMariner.

David O'Brien holds a sheet of wheatgrass in front of his juice bar, the Green Light on Pleasant Street. The Cohasset Green Light is the sixth store that David has opened in the South Shore which started in Pembroke last year.

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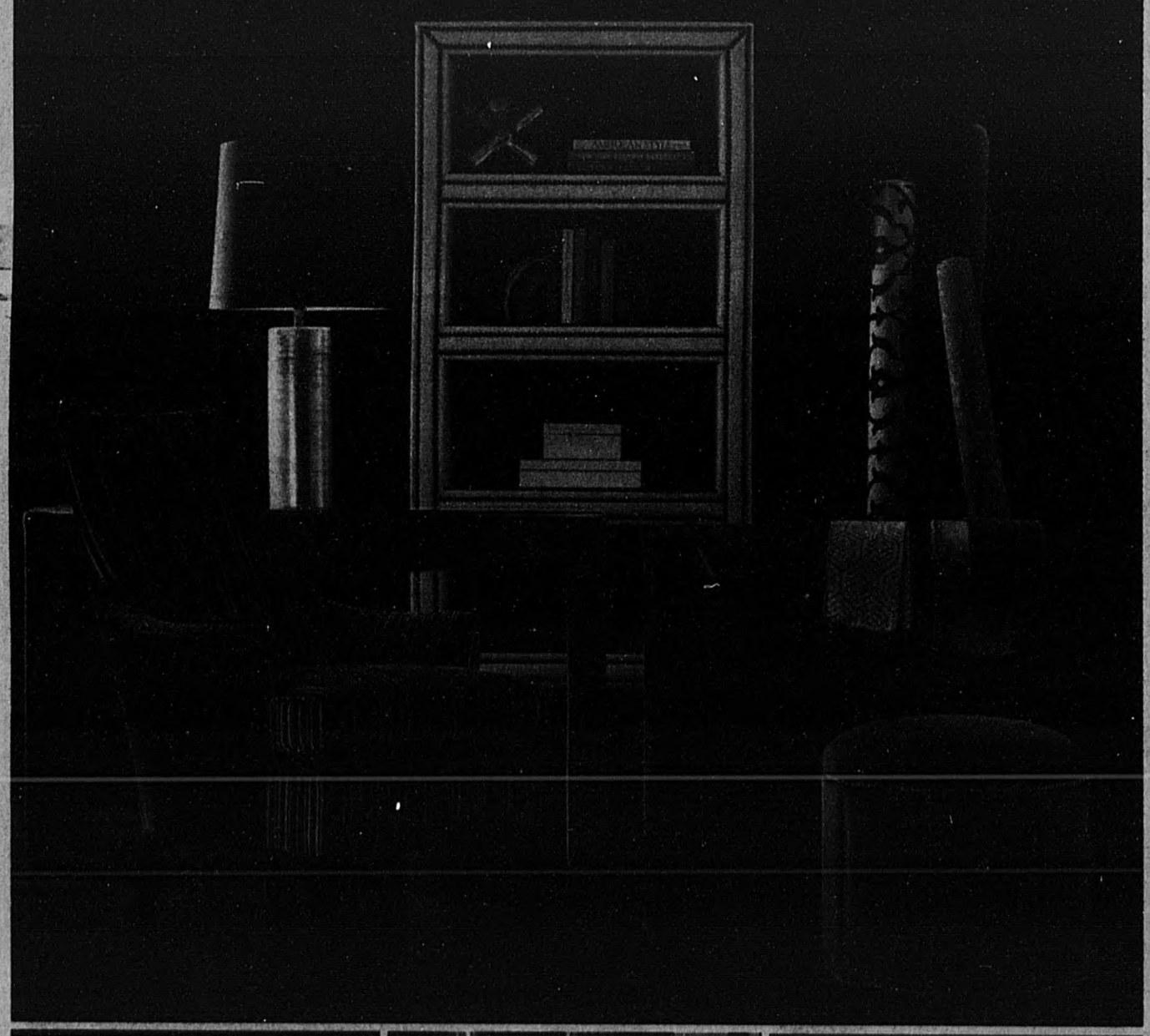

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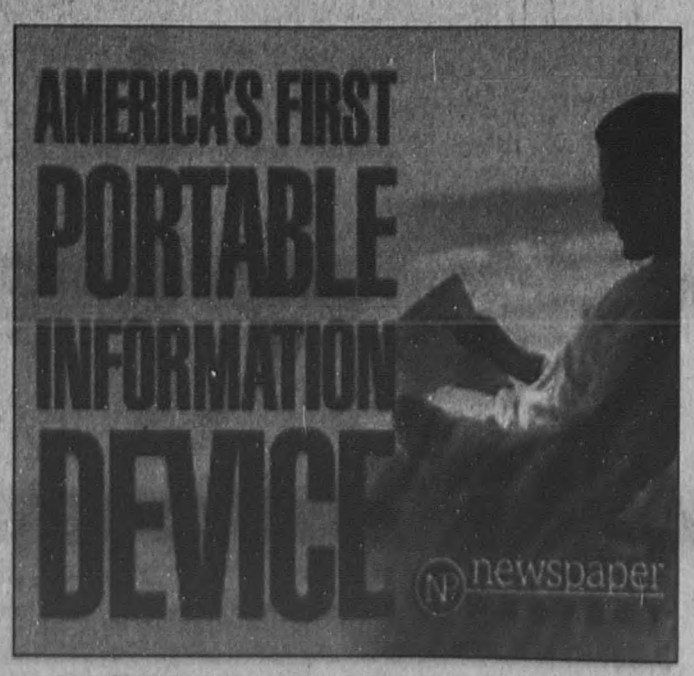


ALL INVITED

Blessing of the Animals on town common Sunday

St. Stephen's Church is inviting all of God's creatures, along with their human owners, to a "Blessing of the Animals" to celebrate St. Francis Day at 5 p.m. Sunday, Oct. 5, on the Cohasset Town Common. St. Francis of Assisi is the patron saint of animals.

Every pet will receive an individual blessing and a special St. Francis paw print pet tag that reads, "St. Francis, keep my friend safe." All who attend are invited, but not required, to bring a donation of dog or cat food for the Scituate Animal Shelter.

We all know how much pets enrich our lives. Don't miss this opportunity to acknowledge the special relationship you have with your pet. Bring your furry, feathered or finned friend to our annual "Blessing of the Animals." Cats, dogs, birds, frogs and all pets great and small, regardless of denomination, are welcomed.

St. Francis of Assisi is remembered as the patron saint of animals and the environment. Born in Italy in 1182, he was noted for his commitment to justice and his deep love of all creation. Francis died on Oct. 3, 1226.

St. Stephen's celebrates Holy Communion every Sunday at 8 and 10 a.m. The 8 a.m. mass is quiet and contemplative while the 10 a.m. service includes choral music and congregational music. A top-rated church school program and nursery care are offered at the 10 a.m. service.

St Stephen's Episcopal Church is located at 16 Highland Avenue. For more information check visit www.sttephenscohasset.org and our Facebook page, "Friends of St. Stephen's Church, Cohasset https://www.facebook.com/StStephensCohasset.

Members of the community and their pets gather on the Town Common for the Blessing of the Animals. COURTESY PHOTO

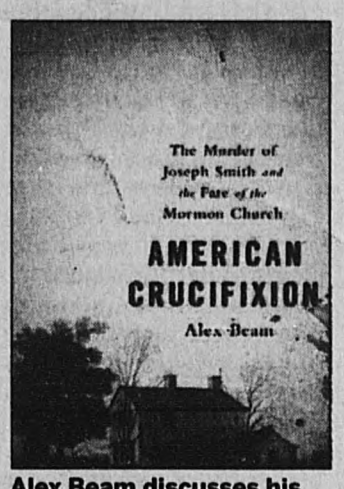
DON'T MISS THIS

Alex Beam at Sunday AuthorTalks

Join neighbors and friends for Sunday AuthorTalks at the Paul Pratt Memorial Library to hear "Boston Globe" columnist Alex Beam discuss his most recent book, "American Crucifixion," on October 5, at 4 p.m.

Beam will talk about the remarkable life of Joseph Smith and the birth of the Mormon Church. All are welcome. Admission is free. Wine and cheese reception will follow Beam's talk; Buttonwood books will have "American Crucifixion" available for purchase and signing.

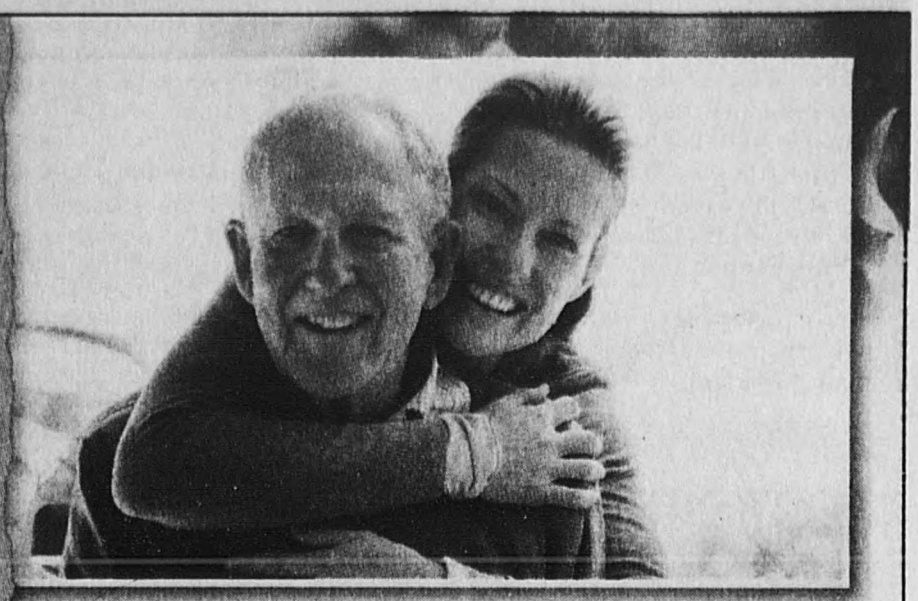
For further information, visit cohassetlibrary.org or call the library at 383-1348.



Alex Beam discusses his most recent book, "American Crucifixion." COURTESY PHOTO

Sunday AuthorTalks is sponsored by Dean and Hamilton Realtors and A Taste for Wine and Spirits.

JOIN US & Learn HOW TO Help A LOVED ONE



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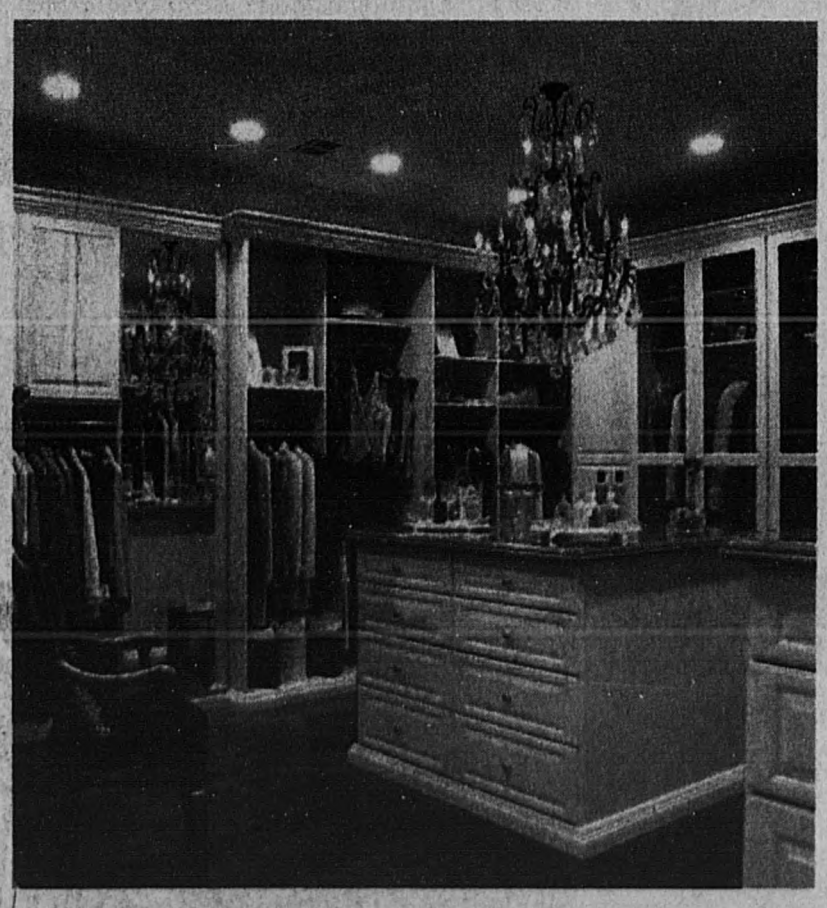

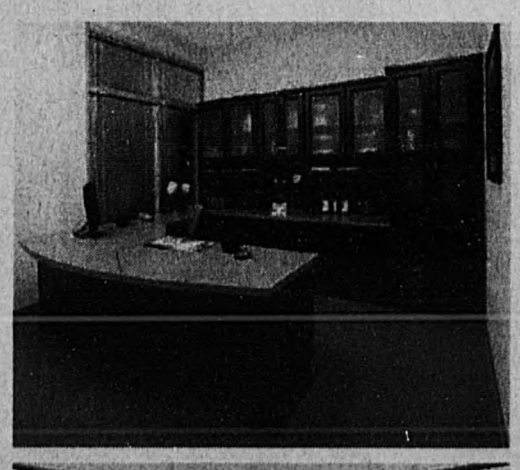

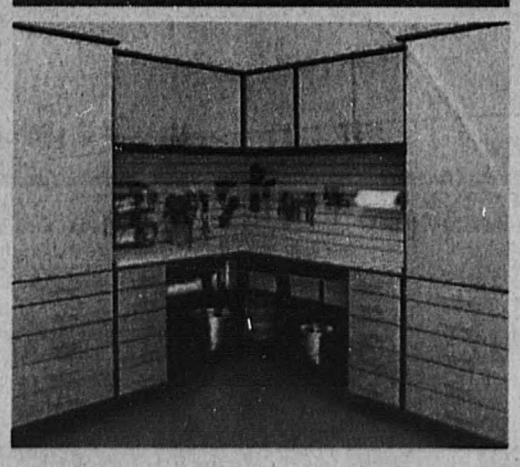

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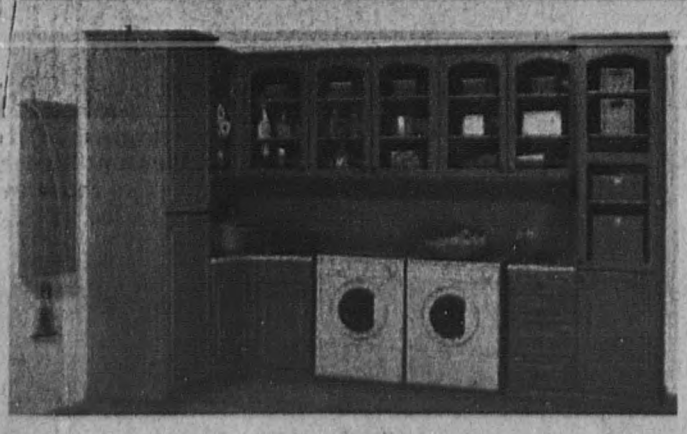

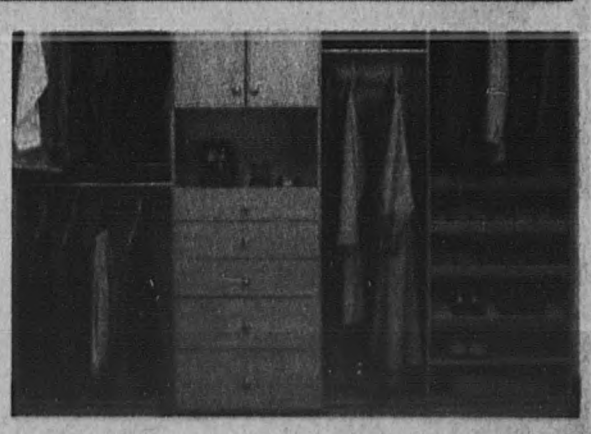

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BREAST CANCER AWARENESS MONTH

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CONFERENCE

From Page A1

hosted the conference since 2011 has done more than she ever imagined when it first became a non-profit.

"Personally, I feel we have exceeded our original goal," she said. "Our first year, we started looking into supporting research. We ended up raising $1 million for Mass General. Along the way, we started to sponsor different conferences. But we found they were all addressing only one type of cancer. No one seemed to be focusing on the psychosocial needs of all cancer survivors, regardless of their diagnosis. So we started our own."

The Friends of Mel Foundation was established in 2005 by a group of women who wanted to honor the memory of their friend, flight attendant Mel Simmons. Simmons died in 2005, five years after doctors diagnosed her with cancer.

Alighieri said she believes the annual Life Beyond Cancer conference is beneficial to cancer survivors who want to meet people going through the same issues, regardless of their diagnosis.

"Although I'm not a clinician, the emotional piece [of cancer survival], it seems, is the same for everyone," she said. "We wanted to shape something that addresses those needs."

This year's conference includes 18 workshops, which is an increase over past events. Among this year's new features is a forum designed to address caregivers' struggles.

"They too are under a lot of stress," Alighieri said.

Tim Cummings, MSW, LICSW, and Cynthia Medeiros, MSW, LICSW, will present the workshop, "The Caregiver's Journey." Cummings currently serves as the program director at the Cancer Support Community in Norwell. Medeiros works for Atlantic Counseling in Weymouth as a psychotherapist.

The workshop will include a presentation and time for questions. Alighieri said she encourages caregivers to take advantage of this program.

"It really opens up the discussion. There's a lot to be said about this type of peer support."

A workshop titled "Family Building After Cancer" is another new feature at this year's conference. Samantha Watson, cancer survivor and executive director of The SAMFund, will host the session. The workshop will explore the way cancer treatment impacts fertility issues for young adults with cancer.

Arizona Oncology nurse practitioner Jody Pelusi, Ph.D., will present another new workshop on cancer survivorship. The session will address what goes into developing a wellness plan after the completion of treatment. Alighieri said she believes the workshop will be helpful to survivors as they navigate their cancer journey.

Other workshops will focus on dealing with diet, finances, and getting back into the workforce after surviving cancer, among other topics.

Dan Shapiro, Ph.D., will give the opening keynote speech at this year's event. Shapiro is the Garner James Kline Professor of Humanities in Medicine and Chair of the Department of Humanities at Penn State College of Medicine.

The second keynote speech will take place during lunch. This address will be given by Hester Hill Schnipper, LICSW, BCD, OSW-C. Schnipper is the Chief of Oncology Social Work at Beth Israel Deaconess Medical Center.

Alighieri said her dream is to see the conference expand to locations outside of Massachusetts.

"I don't know how we would do that," she said. "But when we first created the conference, we never thought we would have more than one, but here we are four years later. Never say never."

The feedback she has received about the conference gives Alighieri hope that her expansion plan may be realized.

"People are so grateful for the information they get here," she said.

This gratitude recently became clear to Alighieri when a man called her office to register for this year's conference. The man paid her a compliment about last year's event that she will not soon forget.

"He said, 'It was the best money I've ever spent'."

To register for the "Art of Living — Life Beyond Cancer" conference, visit the Friends of Mel Foundation's website, www.friendsofmel.org. The cost of registration is $30, which includes breakfast and lunch.

TREATMENT

From Page A1

fashioned chemotherapy to patients with positive lymph nodes or triple negative breast cancer."

The ability to better identify various types and subtypes of breast cancer has significantly expanded treatment options over the past 20 years. The result is that treatment is often more effective than it was in years past, and options can vary widely from patient to patient.

"We're paying more attention to the biology of a tumor and subtype of a tumor," Freedman said. "We have more and more targeted agents that work in some cancers but not others. We also focus on the genetic aspect of cancer."

Faggen said breast cancer is not just one disease.

"There are five different types of breast cancer," she said. "We look at them differently."

Targeted treatments may include hormone therapy or drugs and may be delivered orally or intravenously. They are often used in combination with surgery and may be combined with other treatments, such as radiation or chemotherapy.

Approximately two-thirds of breast cancers are hormone-receptor-positive, meaning they grow in response to the hormone estrogen. Targeted treatments for those types of cancer include drugs that prevent estrogen from affecting the tumor, or lower the body's estrogen level.

There is also HER2-positive cancer and it accounts for roughly one-quarter of all breast cancers. In that strain, cancer cells produce too much of the protein HER2 and grow rapidly.

A decade ago, breast cancer patients at Jordan Hospital in Plymouth were among the first to participate in trials for the treatment of HER-positive cancers using the drug Herceptin.

The drug completely changed the outlook for the disease and a decade later, many remain cancer free.

"There are not many home runs in oncology but this is clearly one," Dr. Matthew Koomey, medical director of The Cancer Center at Beth Israel Deaconess Hospital-Plymouth, said. "It was not the usual incremental improvement. This was a marked improvement.

Faggen said Herceptin is an anti-body that blocks a cancer cell from being activated.

Faggen said TDM1 is also a targeted therapy that has been effective with attacking HER2-positive cancer.

"It is a molecule that goes to the HER2 protein and it is attached to toxic chemotherapy," she said. "The molecule or drug goes to the cell and it is taken up by the cancer cell and it is killed. The nice thing about it is there are no side effects like hair loss."

As a result HER-positive breast cancer went from being one of the worst cancers to a disease that doctors can now offer significant hope in treating.

Doctors now are working with two new drugs that either can be substituted for or added to Herceptin to improve outcomes even further.

Faggen said anthracycline is a new chemotherapy that has been proven to be quite effective in destroying cancer cells

According to the National Cancer Institute, Anthracyclines cause the DNA in cancer cells to die.

"It is fairly new," Faggen said. "Over the past 10 years we have added taxol to it."

Taxol can block cancer cell growth by stopping cell division, according to the National Cancer Institute.

Dr. Peter Orio, medical director for radiation oncology at South Shore Hospital's cancer treatment center said an oncology team takes a person's entire body into account while targeting therapies to make sure breast cancer does not spread.

"When a person is diagnosed with breast cancer you have to ask where would it go next when you head it off," Orio said. "It is important to treat the entire breast because it could harbor cancer. We are now moving into treatment where we can treat the breast or give addition therapy doses to areas of highest recurrences. We can provide radiation to be one step ahead of the cancer."

Orio said medical advancements over the years have moved away from mastectomy to breast conservation for the patient.

"We are decreasing the time to half of what it was for the radiation component," he said.

Orio said a patient's age, overall health, medical history, stage of cancer and other factors help doctors determine the best course of treatment.

"We take everything into account," he said. "Every case is different. You have to look at the overall health and what chemo-therapies they can tolerate. We also have a strategy with delivering radiation for older individuals so they can be treated more quickly without a loss of survival. We also look at a family's medical history. We look at a patient's reaction to medication and we try to individualize treatments."

Freedman said research is ongoing to learn more about the role genetics play in breast cancer and to identify even more specific strains and subtypes of the disease.

"There is so much going on in the field of breast cancer," she said. "Any woman with breast cancer should have a lot of hope that there are a lot of treatments on the trajectory. There is a lot to come."

Senior reporters Ed Baker and Rich Harbert contributed to this report.

We are so proud and grateful for your generous spirit!

Daniel E. Straus, Elizabeth Straus

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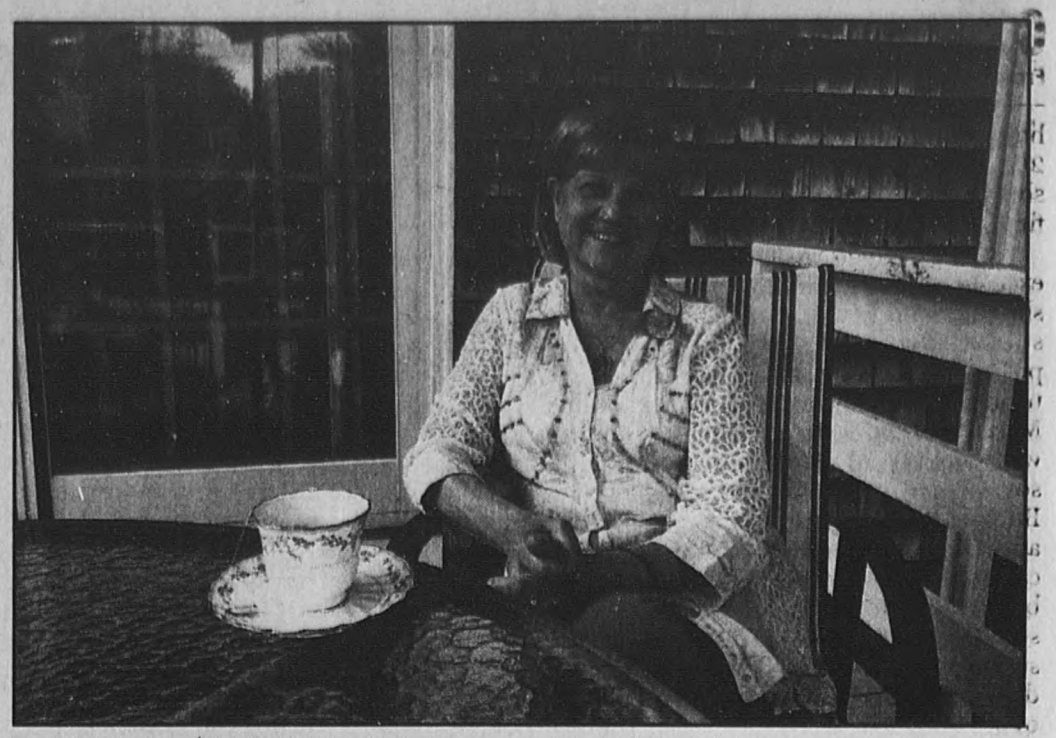
SURVIVOR STORY

Healing mind and body

Mariette Perdigao embraces holistic approach in cancer fight

By Alice Coyle
acoyle@wickedlocal.com



Breast Cancer survivor Mariette Perdigao enjoys a cup of tea, and the beauty of nature on an autumn day from the deck of her Marshfield home. WICKED LOCAL PHOTO/ALICE COYLE

Mariette Perdigao is enjoying a cup of tea on the deck of her Marshfield home with her beloved westie Rory. It's a beautiful, sunny, early autumn day and the retired registered nurse is upbeat and feeling "pretty good" she says, despite the fact she underwent chemotherapy yesterday — the 10th different type of chemo treatment she's had in two separate battles with breast cancer.

The first began 16 years ago when she was 43, just a year after she married her husband, Paul, who works at an investment firm in Boston. With no history of breast cancer in her family, Mariette's diagnosis of stage 3 inflammatory breast cancer came as a very unpleasant surprise. The tumor was hidden from the mammogram, but she knew something was wrong when her entire breast became red and inflamed.

"It's a rare and aggressive form of cancer," she said. "You can't see it until it shows itself."

It was also incredibly painful she said. "I practically passed out from the mammogram."

Treatment included a very tough, nine-hour surgery, chemotherapy and radiation. Mariette had both breast reconstruction and a reduction. "I told the doctor to make them perky," she recalled with a laugh.

Throughout that year of treatment, she said she did "pretty well."

"My hair fell out, but I didn't get sick on chemo and I healed quickly."

Mariette Perdigao gets centered through meditation and the gentle, restorative yoga class. WICKED LOCAL STAFF PHOTO/CHRIS BERNSTEIN

After being considered in remission for several years – "anything beyond five years is a good sign," — Mariette was cautiously optimistic.

Still reoccurrence, a cancer survivor's greatest fear, was always in the back of her mind.

Mariette quotes renowned breast cancer surgeon Susan Love, who said, "Once your body betrays you, you never trust it again."

The cancer never really went away, she said. "It was dormant inside me."

Two years ago, during a routine exam Mariette's doctor found cancer again — this time enlarged lymph nodes gave it away. A biopsy showed the tumor was estrogen positive like the first one she had in her breast.

"It was easy to treat and very common," said Mariette, who recalled thinking, "I beat it once, I can beat it again."

A cat scan also showed something "small" in her liver that doctors said they'd keep an eye on.

But in August, Mariette learned that there are now multiple tumors in her liver. Large enough to biopsy, the tumors tested estrogen negative but positive for adeno carcinoma. The cancer, now considered stage 4, has also spread to her spine.

Surgery is not an option, shrinking the tumors is the goal.

On her 10th different chemo treatment now – she says none of them have worked so far – Mariette said this latest diagnoses has been tough to take.

"I got mad," she said. "I like my life, I'm really happy, and I'm so annoyed this had to happen again. It's just not fair."

She may be angry, but Mariette is in no way defeated. While she continues chemotherapy and holds out hope to get into some test study that shows promise in treating for her type of cancer, Mariette is also seeking out holistic healing for body, mind and spirit; what she called integrative oncology.

"I've always been fascinated by eastern medicine," she said. And she's tried, or is trying it all – acupuncture, meditation and Reiki.

After her acupuncture sessions at the Genevieve Lane Center in Hingham, Mariette says she feels more centered and leaves with an appetite, something she lost due to the chemotherapy.

"I'm not nauseous, but the chemo changes the taste buds so food is not appealing anymore." After an hour and a half of acupuncture, she said she leaves hungry.

Mariette is also finding the cranial sacral treatments she's getting from a physical therapist in Scituate very helpful. It involves very gentle movements of the head and neck and "feels really good," she said.

Mariette gets healing and relief from Reiki, which involves changing negative energy flow in the body – which she points out is all "energy and atoms."

Strengthening her mind and spirit she said is helping her fight the cancer attacking her body.

"I feel the energy in my body shifting and I feel good for a few days. It helps my mind and my attitude," said Mariette who is not "super religious" but considers herself very spiritual.

"I sit outside and listen to the (wind) chimes and the birds and I know this is all here for a reason, put here by a higher being – God. Seeing the beauty all around me and appreciating it has made this fight much easier."

A talented photographer and painter, Mariette is a member of the North River Arts Society and she also sings in two church choirs – the North Community Church in Marshfield and the Pilgrim Festival Chorus. All of these creative outlets bring more positive energy to her daily life.

> **"I feel the energy in my body shifting and I feel good for a few days. It helps my mind and my attitude."**
> Breast cancer survivor Mariette Perdigao

Along with her holistic approach to wellness, Mariette said the support she has received from her friends, family and community has made an incredible difference in her ongoing cancer battle.

At the Cancer Support Community in Norwell, which she's been a part of for the last year, Mariette enjoys meditation and the gentle, restorative yoga classes she takes, as well as the breast cancer support group she attends.

As a nurse – she worked for eight years with the Norwell Visiting Nurses Association — Mariette said it's in her nature to help others and she enjoys sharing information with the group, whether it's related to the illness and treatment or recommendations on organic foods and skin care.

"My passion is to help others get through this, and I'm learning so much from the people in the group."

And she is always looking for new outlets and opportunities as she continues to deal with the disease while still living life to the fullest.

Later this month, Mariette will attend the fourth annual Art of Living - Life Beyond Cancer conference, featuring a full slate of workshops and discussions designed to empower those impacted by cancer. She will also spend a weekend at the Kripalu Center in Stockbridge where she will take a journaling course titled "Writing Down the Light: A Conscious Retelling of Your Life Story," offered by best selling author and speaker Dr. Joan Borysenko, an expert in the mind/body connection.

It's that connection that Mariette is counting on to help her heal.

While she knows the reality of her diagnosis and the cancer in her body, she believes in the power of the mind in overcoming the illness.

"If we could harness the power of the our entire brain, we could heal ourselves," she said.

Follow editor Alice Coyle on Twitter @accoyleWL.

CANCER SUPPORT COMMUNITY

A haven for healing, hope, and education

By Caitlin Flaherty
cflaherty@wickedlocal.com

Norwell resident Roz Reilly was a nurse practitioner, an avid cyclist and a strong, independent woman.

Until the breast cancer she had faced 10 years before, came back.

"Cancer robbed her of her independence," Roz' son and caregiver, Doug Reilly said. "Not her spirit. She never lost her spirit. But, cancer's a thief."

In 2009, the cancer started spreading throughout Roz' body, and both mother and son were thrust into the dark, isolated and often confusing world of the disease.

"To watch someone you love and care about go through that is horrible," Reilly said. "It's a lonely place. It's an angry place."

That's when the Reilly's discovered the Cancer Support Community, a nonprofit organization in Norwell that offers free emotional support for those affected by cancer throughout the South Shore and beyond.

"It's somewhere you can go to feel safe with people who are going through the same thing," Reilly said. "It truly is what it says it is—a community of people supporting each other."

Program Director Tim Cummings said the Support Community, supported by the Norwell Visiting Nurses Association, features a variety of programs meant to empower and encourage people with cancer to take an active participation in their care, well-being and recovery.

Boston has some of the best medical care around, Cummings said, so the organization aims to complement the care by offering the emotional support piece through groups, stress-reduction programs, and workshops.

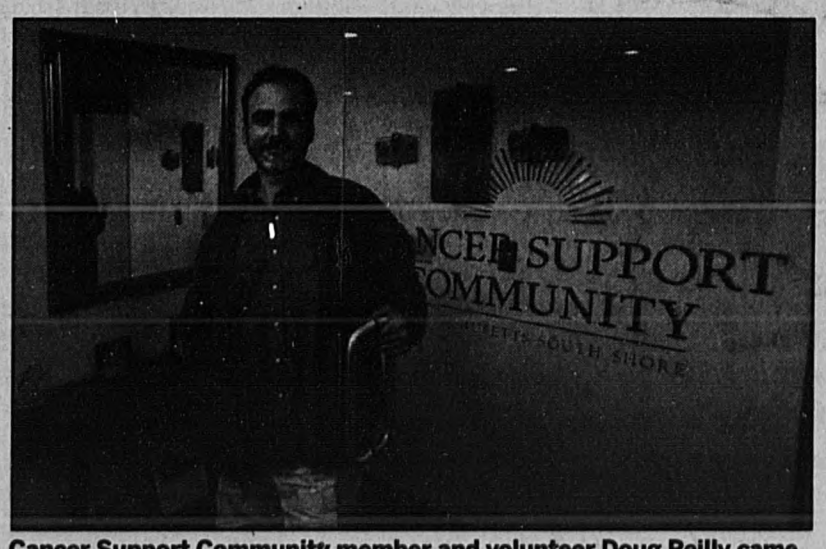
Some of the services include support groups facilitated by licensed professionals and stress reduction programs such as Tai Chi, yoga meditation, and expressive arts. They also help people prepare for surgery, chemotherapy, and radiation and offer workshops on nutrition, meditation, healing skills, and care giving.

"Friends and family are great," he said. "But a lot of times they don't fully understand what someone is going through. They can't fully understand unless they've actually been there, had cancer or have taken care of someone with cancer."

When people learn they have the disease, it often comes a shock, Cummings said. When diagnosed people often feel like they have lost control of their life and they also feel a deep sense of isolation.

As a caregiver, Reilly said he remembers going through a wave of emotions as well.

"I didn't realize what I was getting myself into, not that I would change it, because I wouldn't, but it's a lot. It's tough. It takes over your entire life. It's hard to maintain your identity," Reilly said.



Cancer Support Community member and volunteer Doug Reilly came to the center for help when caring for his mother, Roz. WICKED LOCAL STAFF PHOTO/CHRIS BERNSTEIN

As Roz grew sicker, she could no longer take care of herself. Reilly's father had died suddenly around the time she was diagnosed again with cancer. Reilly was in a position where he could move back to Norwell from New Hampshire to take care of his mom.

It became his full time job, he said.

"It's tough taking care of someone 24/7. I was her personal shopper, her driver, her cook, her bill-payer, her landscaper, everything. It's intense all of the time. You are constantly making life or death decisions," he said. "And I am sure it wasn't easy for her either. She was so independent and proud. I am sure it wasn't easy for her to be so vulnerable."

And when he wasn't with his mom, he was also constantly worried, checking his phone, wondering when he would get that call or text delivering bad news. All of the stress and anxiety turned into anger, Reilly said.

"I remember if a friend complained about traffic or something trivial like that, I would get so angry. They had no idea what it was like," Reilly said.

Reilly said his mom had been going to the Cancer Support Community for quite some time and enjoyed the classes and the support groups.

"Even though she could barely move at the end, she still loved going to yoga. She would just kind of sit there, but she enjoyed it," Reilly recalled with a smile. "I think she really just loved being with the other women. It was more of a social event for her."

Eventually his mom convinced Reilly to try a support group specific to caregivers.

Right away, Reilly said he loved the comfortable environment. It's is a warm and welcoming place, its meeting rooms set up to look like living rooms in a typical home.

The caregiver group was a drop-in group, meaning people could come and go as they pleased, but Reilly said a lot of times it was the same handful of people there week after week.

He said he was able to open up right away.

"It felt so good to be able to come in here and just vent for two hours. Everyone understood what you were going through."

The Cancer Support Community offers a number of support groups including a men's group and others specific to breast cancer and melanoma. They also are starting a program for young kids whose parents or grandparents have cancer, Cummings said.

"Everyone in the groups speaks the same language," he said, noting that when someone finds out they have cancer it's like being dropped in a foreign country and not knowing the language.

Reilly agreed.

"You can come in and cry, yell, laugh, whatever. There's a lot of laughing that goes on because we all get the joke," Reilly said. "I always left here feeling better and I couldn't wait for the next time."

Even those you wouldn't expect get a lot out of the group, Reilly said.

"There was this man in his 60s who was old school and he was like, 'No way, I don't do support groups,'" Reilly said. "But, he came and he just started talking and he loved it. We couldn't get him to leave."

The groups also often serve as a network because people in the groups are along all the stages of cancer, from newly diagnosed to recovering and in remission They often share information with each other such as where to go for care, what to expect when going into surgery, places to get financial assistance, and what questions to ask the doctors.

Reilly said the groups are invaluable to those navigating the disease.

"When we're here, we're all here to support each other," Reilly said. "I couldn't have made it without this place."

Reilly's mom passed away in February so he doesn't attend the support groups anymore, but he hasn't left his "home away from home" at the Cancer Support Community.

Reilly volunteers and will often pop in to say 'hi.' He also keeps in touch with many of the friends he made while attending the support groups.

"I love this place. They are so good at what they do," Reilly said. "Ten minutes after I found out about my mom, I came here to talk to Tim."

His experience at the Cancer Support Community has also inspired him to change careers.

"I'm going to go into social work," Reilly said. "I want to work at a place like this. I love what they do here."

For more information on the Cancer Support Community, visit cancersupportcommunityma.org, call 781-610-1490 or drop in at 120 Longwater Drive, Suite 104, Norwell.

Follow Caitlin on Twitter @MarinerCaitlin.

Cancer Support Community administrative coordinator and registered yoga teacher Gail Colton (L) leads a relaxing yoga class at the Norwell facility.

OPINION

HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

We're black and white and PINK all over

What many thought was a colorful gimmick back in October of 2009 has evolved into a campaign that has raised hundreds of thousands of dollars in the fight against breast cancer.

This October, GateHouse Media New England will embark on its sixth annual Paint It All Pink program to raise awareness and funding to help battle a disease that continues to impact millions.

As a company, GateHouse Media has raised nearly $500,000 for various organizations tied to breast cancer awareness over the past six years, showing that sticking with a cause can make a big difference.

As it has been at the start of the campaign each year, this week's newspaper is printed on pink newsprint. The pink paper is more than just a symbolic gesture designed to draw attention to Breast Cancer Awareness Month.

We'll also donate 10 percent of all "Pink" ad sales as well as 10 cents for each newspaper sold and $5 for every credit card subscription sold during the month of October to the American Cancer Society.

Throughout the month of October, in news and feature stories we will highlight the latest research, technology, and medicine, as well as important information that can save a life through early detection and information about support groups available. You'll also learn more about our partner is this campaign, the American Cancer Society.

But by far our most compelling and inspiring content during the month-long campaign comes from those of you who have shared your personal stories with us. Breast cancer survivors like Mariette Perdigao featured this week, and those of you touched by the disease through a family member or friend, have reached out to let us know in your own words what you are going through, what you have been through, and how you have coped with cancer.

Your stories have been cautionary tales, stressing the importance of annual mammograms and reminding us all that screening and early detection is the best advantage you can have heading into the battle against breast and other cancers.

You've inspired and touched us with your stories of perseverance and encouragement to "never give up" and to find strength, comfort and healing in faith, family and friends offering support. If you haven't reached out to us and shared your story yet, we invite you to do so by email to acoyle@wickedlocal.com, phone at 781-837-4560 or by filling out our online form.

Your stories will remain with us and our readers long after we turn the calendar to November; helping to ensure breast cancer awareness is a year-round reality.

CHECK OUT OUR COMMUNITY BLOGS

Read the latest posts from our team of Community Bloggers:

Wild About Birds

Hawks on patrol: "We had a customer come into our store today who had a great story about a hawk in her backyard."

New England Wildlife Center

Meet a bearded dragon that came through Odd Pet Vet recently for a routine exam.

Health Cares

Sometimes the most challenging journeys bring out aspects of ourselves that might not otherwise surface.

Dr. Brilliant Cliche and Granny Says

Why do famous people have nude photos of themselves in the first place?

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73 South St., Hingham, MA 02043
cohasset.wickedlocal.com

Mary Ford News Editor
781-741-2933 or mford@wickedlocal.com
William Wassersug Sports Editor
781-837-4577 or wwassersug@wickedlocal.com
Erin Dale Reporter
781-741-2935 or edale@wickedlocal.com
Retail Advertising
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Sean Burke President
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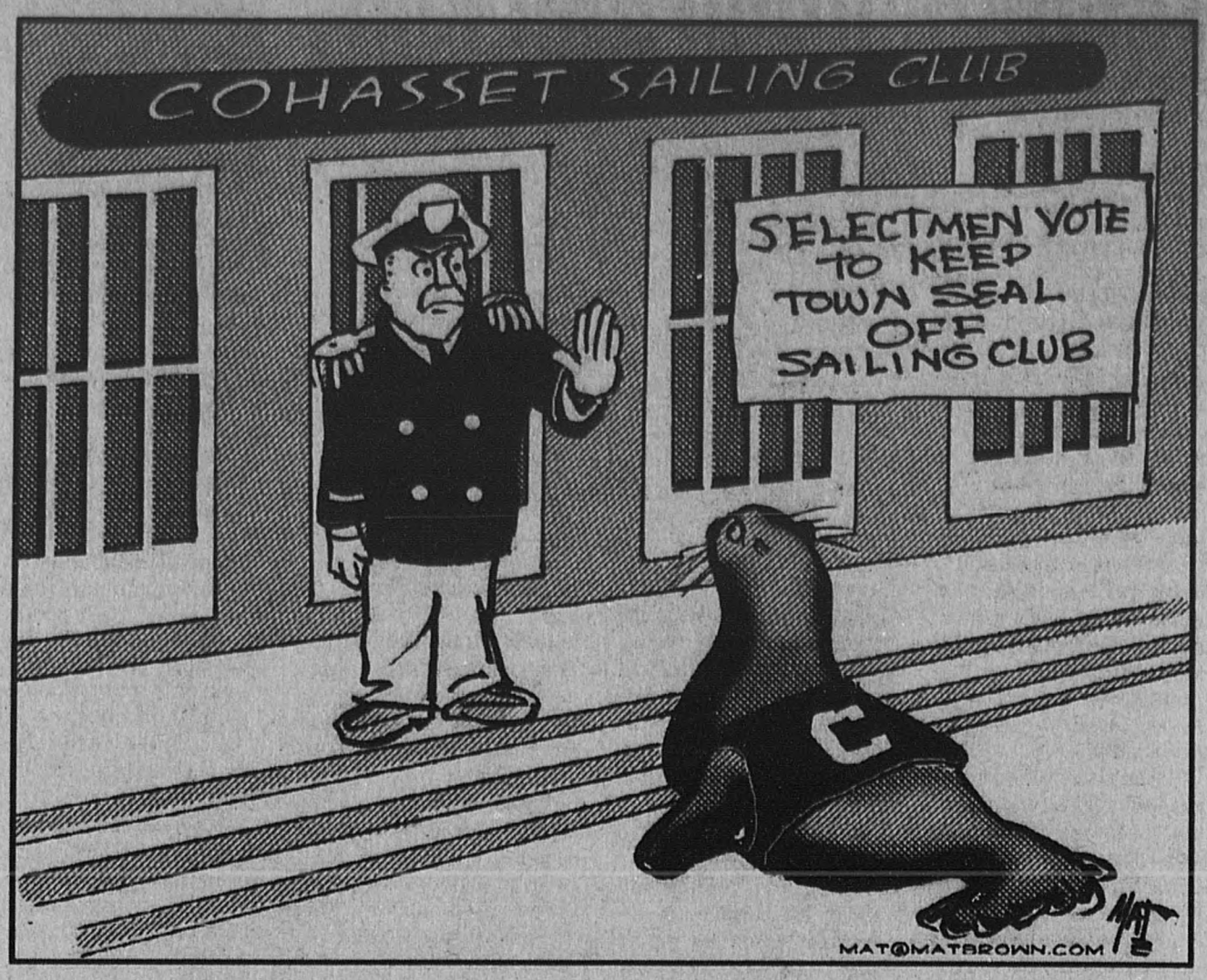


REPUBLICAN TOWN COMMITTEE

Common Core: Race to the Middle

This past Thursday night was Back to School Night for many Cohasset parents as 30-plus people assembled at the Cohasset Lightkeeper's House to get educated on the Common Core curriculum guidelines. Cohasset parents, former and current Cohasset school committee members and selectmen, as well as parents from Norwell, Abington and other South Shore towns were present to hear the discussion and offer some commentary.

The evening was hosted by the Cohasset Republican Town Committee and the presentation was given by Jamie Gass, a research director at the Boston-based, independent, and nonpartisan research organization, Pioneer Institute.

Jack Creighton, Cohasset Republican Town Committee Chairman, insisted in his introductory remarks that the Common Core discussion is not a political discussion and the evening's forum was not a political event. Creighton said, "Two of the country's biggest proponents of the Common Core are prominent Republicans - William Bennett, former Reagan Education Secretary, and former Florida governor, Jeb Bush." Creighton said that his Committee sponsors these kind of events to provide a forum for open discussion and debate on issues that impact all people in the town and in the region.

That said, Jamie Gass is clearly not a supporter of the new curriculum standards that Massachusetts adopted in July of 2010. Jamie gave a thorough and thought provoking presentation on the Common Core standards and what it means for Massachusetts.

His discussion began with an historical perspective of the role of the Federal government in education and then moved to a discussion on the educational reform initiatives launched by former Massachusetts Governor Bill Weld and former Senate President Tom Birmingham. Under these reforms Massachusetts was propelled to the highest ranks of educational achievement in the country and around the world. He then chronicled the series of events that lead to the Obama administration's educational initiative Race to the Top; a program that does not mandate federal change but one that offers grants and subsidies to those state's who adopt its standards and testing requirements. Gass said that for Massachusetts, with its own standards and superior test results, to adopt these new standards is clearly not a race to the top but a "race to the middle" as Massachusetts will now have to conform to the same standards as lesser performing states like Mississippi and Arkansas.

Creighton said that his Committee sponsors these kind of events to provide a forum for open discussion and debate on issues that impact all people in the town and in the region.

In the question and answer session that followed Jamie's talk many asked how they could get more involved so they can tell other parents about their children's changing curriculums. A mother from Cohasset thanked Jamie for his comments and then shared her positive experience with the Common Core curriculum.

Republican State Committeeman Peter Buckley reminded everyone that this battle will ultimately be settled in the legislature. Buckley said, "We are less than 50 days away from election day if you want to influence this debate then go find a candidate who supports your position and work to get them elected."

For more information on the evening's discussion and the Common Core discussion in general contact – Jack Creighton at – chair@cohassetgop.com

LETTER

Making new friends at Senior Center

I've lived my life in Cohasset, worked here and raised my family here with my wife. A few years ago my life in Cohasset changed dramatically when I lost Marjorie. It was a different place now. The routines and networks that Marjorie and I shared had now shifted.

I'm an active Senior Citizen, I live on my own without assistance. I still drive myself around, taking care of my daily chores. Then one day, I found the cafe at the Senior Center. It was here that I found new friends, people to share experiences and new activities.

I'd like to thank the folks at Elder Affairs for being there. I'm excited for all the opportunities that the new Center will hold. I'm looking forward to making new friends. I can't imagine living anywhere else and I'm grateful for the programming at Elder Affairs for helping me to find ways to enjoy this next chapter of my life in the only town that I have known.

AJ Antoine, 108 Elm St.

LETTER

Objects to big house on undersized lot

I would like to convey my deep concern regarding the building project at 390 Atlantic Ave. This is an undersized 0.81-acre lot that does not conform to the 1.5-acre zoning required by the town for new construction. The policy was established in this district in 1985, I can only assume, to preserve the character of the town. As an abutter, I have witnessed the recent sale of this lot, which was split off from a larger property at the time of sale. For this law to serve its purpose, any lot under 1.5 acres created after the law was established must surely be illegal to build on. While little can be done to rein in the remodeling of existing homes, we can at least follow our own rule to protect undeveloped lots and prevent overcrowding in one of the most beautiful towns in America. It is both short-sighted and imprudent to allow a large home to be built on a lot roughly half the size required and one so close to existing homes. It can only bring down property values and ruin the charm and character of the area.

It is my understanding that the building and sewer departments defer to builders'/developers' counsel when deciding these matters. If this is the policy, then woe be to Cohasset when every nook and cranny can be approved so easily. This property is an extensive area of ledge, unbuildable before the sewer. Is this what the sewer was intended to do for Cohasset, or was the plan to protect and preserve areas near wetlands and water?

As a direct abutter with a property line 5 ft. from the site, we have, as predicted, sustained considerable damage to our foundation and cars from the extensive rock splitting and excavating, which began immediately after an appeal was filed. According to the contractor, this is basically the hardest rock they have ever encountered.

Approval has been given for a large house to be shoehorned between two existing properties on an undersized lot. If you are concerned about this happening in your neighborhood, please join us at a meeting of the Zoning Appeals Board on Oct. 6. The appeal is scheduled for 8:30 pm.

Pamela Hill, 380 Atlantic Ave.

GROWING ON THE FARM

Curriculum that is good enough to eat

JON BELBER

Though still awfully dry, lots of fruits on the vine are ready for harvest. The fruits of which I speak are more cucumbers, peppers and beans (all these containing seeds within), rather than apples, pears and peaches. And though Holly Hill Farm and many school gardens currently do not grow enough corn to make chips, a bag or organic corn chips can be purchased to accompany the salsa verde, as we enjoyed the other day with kids from the South Shore Educational Collaborative during their weekly field trip to Holly Hill.

Some visits to schools yield a small or compromised harvest, like already nibbled beets or slightly chewed tomatoes, but the lessons and the end results are still there for kids, teachers and families to see and taste. These visits make for good investigative queries. Did the deer leap over the fence or walk right up to the outer garden beds? Did the woodchuck burrow under the bed or stroll in through the accidentally left-open gate? Did the well-intentioned families weed too many crops or water not enough?

There ought to be no blame, as any farmer will tell you, it takes a lot of hard work, diligence and attention to many details. In some cases, there is a lot to share, much to the amazement and delight of some school communities.

At St. Paul School in Hingham, garlic bread is on the menu, with well-cured hanging-in-the-barn-since-July garlic. The sugar pie pumpkins are also curing for Miss. Knoblach's special treat of a pie. After harvesting, the students have also been busy sowing new seeds for fall and transplanting some spinach too. And though they suffered from zero potatoes, the cucumbers and tomatoes have begun to fill the void.

At the pre-K to second grade Osgood School in Cohasset, the term bumper crop applies to many vegetables. Teachers, the lead coordinating parent, the students and I were pleasantly surprised with the bounty of beans, mid-summer transplanted cucumbers, potatoes, peppers and ever exciting carrots. The joke I make about turning on a non-existing underground camera was not necessary, as the shoulders of the carrots and the tops of the potatoes were rearing their delightful selves. It was all we could do to pace out the harvest for the six second-grade classrooms that took time out from their writing, reading and numbers. Many of these kids had sown these seeds as wee first graders on warm and cool spring days in April and May. Some thought the peas were beans, as they too had planted the former, though already enjoyed them in June. Many beans are a bit past their delicious ripe stage and can be saved for seed next spring.

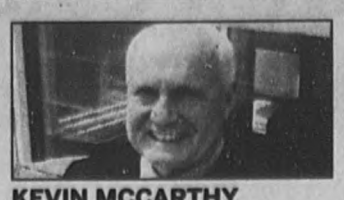
Curriculum lessons, science kits and text books can be left closed, as learning outside with hands-on-lessons about the beans presents a terrific view into the life stages and growth cycle of many plants. The potatoes speak for themselves when it comes to an exciting, digestible activity. Especially the red skinned variety is great to find amidst the rich, black soil. For these red skins are worthy of supporting, cheering and routing. The cucumbers and peppers, within the hour, were washed, though organic and above the soil, sliced and served to the same second graders at lunch the very same day. Now that is a farm to table movement with speed and proximity. The carrots will be washed, having held onto some dirt underground, and the tops are headed to enrich the new compost pile. And that future compost will help the school farm garden be more productive next year. They too have a garlic bread event planned for late September.

All this harvest makes me hungry, and since everybody eats, these partnerships and collaborations with schools allow for lessons to be learned, good, hard work to be had and tasting a little bit of summer in September. It makes coming back to school quite appealing. As for reaping the fruits of labor, the second ripening of the raspberries at the Wampatuck School in Scituate made for some delicious tasting. So many ways to bring this local, organic produce to many kids and students, teachers and families. Both on the farm and at school, let us grow vegetables and eat them too.

Jon Belber is a Scituate resident and the education director at Holly Hill Farm in Cohasset. He teaches students and adults about organic gardening and farming. His column appears twice monthly. He can be reached by email at jbelberhollyhill@hotmail.com. For information on upcoming programs at Holly Hill, visit www.hollyhillfarm.org.

POLITICAL PERCH

A Merchant Marine in Japan



KEVIN MCCARTHY

A few weeks ago I attended the Cohasset Elders End-of-the-Season Cookout, held at the Cohasset Light Keepers. I had a great time enjoying the burgers, hot dogs, lemonade and ice cream floats as we all sat talking, laughing and taking in the view over our beautiful Cohasset Harbor. I left when the line dancing began...thinking these folks really know how to have good time!

Whenever I go to an Elder Affairs event I always enjoy listening to and learning about Cohasset. Some of the Elders go back many decades and some others are part of families that even go back to Revolutionary times. In many ways our present day hamlet by-the-sea was brought to us by our Elders and their predecessors.

During the party I sat next to an elderly gentleman who had lived in town for many decades, raised his family here and also given back to the community as a volunteer. Overlooking the new Sailing Club he reminisced about the original Sailing Club, which he helped found. It was fascinating to hear about why and how they went about building the original Sailing Club. He talked about learning to sail from there as a young man and then teaching his own children how to sail from the same spot. His children now live near the sea in other communities and he believes they chose to do so because they were raised by the sea, which they came to love in Cohasset.

As the lemonade continued to arrive in fresh buckets, and the ice cream sodas flowed freely, we began to loosen up and talk more about our lives. My new friend was of the generation that survived the Depression and then went on to fight and win World War II. They obviously had a different life than we enjoy today. In many ways a more practical, common sense, down to earth way of life. We chuckled when he told me how learned to swim. At five, he asked his father to teach him to swim who accommodated the lad by placing him on his back, swimming out into the harbor and periodically diving several feet under water. Obviously my friend learned to swim...and rather quickly I am sure!

He told of another life event – one far away from yet, I believe, tied to life as he knew it growing up in Cohasset. Shortly after World War II he was an officer in the Merchant Marines, stationed in Japan. He came to be responsible for a large factory operation located near what is now a nuclear plant. Labor dissension and difficulties arose and one day several of his subordinates hurried into his office with the distressing news that the workers were going to picket and strike the factory the next morning.

My friend, in his practical Cohasset manner, calmed his management team down and advised them he would take care of the matter. He told them to erect several tents in front of the factory. He asked them to put tables under the tents and place large buckets of iced tea on the tables...emphasizing lots of extra lemons in the tea, not sure why that was but that is how told it. He then told the managers and all others to stay inside the factory.

When the crowd of protestors arrived at the factory next morning they were greeted by my friend standing alone in front of the tents and tables full of cold iced tea. Approaching him, I am sure tentatively, our Cohasset Elder cheerfully and graciously greeted them. He invited them all to enjoy some cool iced tea before beginning their striking and protesting at the factory. Pointing skyward he noted that the sun was particularly hot that day and as they all lived under that same hot sun they should all share in the iced tea.

After a while, one of the leaders approached our Cohasset Merchant Marine and thanked him for the cold tea and advised them that the workers decided not to strike the factory that day...in fact, he said they would never strike or protest at that particular factory.

I am not sure what the deeper meaning of this story is...my friend never elaborated. His generation doesn't opine or brag about meeting big challenges. They just seem to somehow solve them and move on. Maybe it is self-evident and our ways and language nowadays cannot properly covey the meaning of it all.

Maybe it doesn't matter. Human decency, empathy and common sense carry their own self-revealing truth. I suspect, somewhere in his upbringing, in a 400 year old small New England hamlet hanging on a ledge by the sea, this man learned a thing or two about common sense and treating people with simple human decency that carried him and his factory though a challenging time on a hot day, in a faraway land, many years ago.

Kevin McCarthy resides at 155 Fairoaks Lane and can be reached at: mccart9@gmail.com. Kevin is also a member of the Cohasset Board of Selectman (BoS) but his above comments are his own personal views and are not attributable to the BoS.

THE LOCAL BEET

Winter (squash) is coming!

Cohasset Farmers Market news

Certainly winter is a long way off, but the family of squash that takes its name from the season is in great abundance at the farmers market. From butternut and pumpkin to acorn and spaghetti, these squash are versatile, beautifully colored, flavorful and packed with nutrients.

In addition to eating, squash can be used to make attractive porch/table/window arrangements, paired with mums or gourds or by themselves. Decorate with them and then use the squash to brighten up fall and winter meals.

Winter squash are sweeter, denser and firmer than zucchini or summer squash and can be used in a wide variety of soups, stews, casseroles, risotto, lasagna and even desserts. They are also delicious simply roasted in the oven.

Naturally low in fat and calories, the winter squash family offers significant nutritional benefits. For example, butternut squash is rich in vitamins A, B-6, C and E as well as magnesium, potassium and manganese.

Flavors are generally mild-to-sweet, so these squash can easily be combined with different types of seasonings. The orange-yellow flesh will brighten any dish – a definite plus in colder months, when variety and color in seasonal produce are hard to find.

So make friends with winter squash! You'll be rewarded with their beauty, versatility, flavor and nutritional value. The most readily available winter squash at the farmers market are sugar pumpkins, acorn squash and butternut squash, but you'll also find delicata, buttercup, blue hubbard, kabocha and spaghetti squash. Ask the farmer for tips on preparing them, and be sure to try the tasty soup featured below.

Vendor spotlight: Cretinon's Farm

Owners Beverly Jesse and brother David Cretinon's grandparents established this farm in 1924 in Kingston, with eggs, raw milk, homemade butter and hay. The expanded modern-day farm has been in business for 52 years.

Beverly has been at the market for seven years and is known as "The Berry Lady" to faithful customers who stand in line to purchase her luscious strawberries, raspberries, blueberries and blackberries, not to mention the vast assortment of vegetables.

Beverly enjoys the surroundings and atmosphere of the market and loves her customers. A nearby customer who was listening to this interview, added, "And we love you!"

Stop by and look at the beautiful displays of fruit and vegetables, make your selections, take them home and enjoy the delicious bounty of Cretinon's Farm.

Coming up:

Music for the October 9 market will be provided by Dan Durkee.

The Cohasset Farmers Market is open every Thursday from 2 to 6 p.m. on beautiful Cohasset Common. For more information, visit www.cohassetfarmersmarket.com.

DON'T MISS THIS

Voter registration deadline Oct. 15

Wednesday Oct. 15, is the last day to register to vote in the State Election scheduled for Tuesday Nov. 4. The Town Clerk's office is located on the first floor of Town Hall, 41 Highland Avenue. It will be open 8:30 a.m. to 8 p.m. for voter registration. You will need to include your Massachusetts driver's license number or the last four digits of you social security number on the voter registration form.

Residents may also register at the Registry of Motor Vehicles office or by mail by downloading a form available on the secretary of state's website, www.sec.state.ma.us, and sending it to or dropping it off at Town Hall. Mail-in forms must be postmarked by Wednesday Oct. 15 if the registrant wants to vote in the State Election.

On Thursday, Oct. 9 voter registration will be conducted at the Cohasset High School during lunch break. Students who will be 18 on or before Nov. 4 are eligible to register. However, please note that you must still register by the deadline Oct. 15.

LIBRARY CORNER

Homework Center reopens Oct. 7

Paul Pratt Memorial Library is at 35 Ripley Road, Cohasset. Call 781-383-1348 to register or for more information or visit the website at www.cohassetlibrary.org.

Homework Center — The library's homework center will open from 5:30 to 7 p.m. Tuesday, Oct. 7. The library welcomes Cohasset High School teacher Michael Welch as the new Homework Center Coordinator. Cohasset High School Honor Society students offer free tutoring and YA Reference Librarian Brigid Lengyel provides research assistance. Join others in the rear of the library on the top floor of the Discovery Museum. The Homework Center meets every Tuesday evening from 5:30 to 7 p.m. during the school year. The Friends of the Cohasset Library generously fund the Homework Center.

Sunday Author Talks — A new season of author talks begins Sunday, Oct. 5 with Alex Beam, author of "American Crucifixion" followed on Oct. 12, with Barbara Shapiro, author of "The Art Forger." All talks begin at 4 p.m. and are followed by a wine and cheese reception and book signing. Dean & Hamilton Realtors, The Cook Estate, and A Taste For Wine & Spirits generously sponsor Sunday Author Talks.

Zinio Workshop — Learn how to download and read free e-magazines using Zinio at a hands-on workshop on Wednesday, Oct. 15, at 10:30 a.m. Bring your portable device (iPad, Kindle Fire, or Android) for a personal experience.

Library Book Group — Join others for coffee and discussion of Jane Gardam's book "Old Filth" at 10 a.m. Wednesday, Oct. 29. All are welcome.

Artist Exhibit — The South Shore Art Center presents an exhibit by Jim Earl titled "Watercolors & Drawings" at the Paul Pratt Memorial Library through Oct. 31.

For children

A new animal puppet collection is available, which is great for use with school animal reports and presentations.

MamaSteph: Monday Oct. 6, 20 and 27, at 10:30 a.m., upper level of Our World

LEGO Club: Monday, Oct. 6 and 20 from 4 to 5 p.m. Meeting Room, all ages welcome.

Storytime with Mrs. Moody: Tuesday, Oct. 7 at 10:30 a.m., Story Room.

Puppet Story Time with Leigh & Friends: Tuesday Oct.14, 21 and 28 at 10:30 a.m., Story Room

Music Makers with Bethany Gavin: ages 0-36 months, Wednesday, Oct. 22 at 10:30 a.m., Meeting Room, Sign up online. Space is limited.

Building Stories with Big Ryan: ages 3+, Wednesday, Oct. 29 and Nov. 5, 12 and 19 at 10:30 a.m., Story Room, Sign up now for all four sessions. Space is limited. An adult must accompany children.

Story & Craft: (ages 3+ for drop off) Thursday, Oct. 9, 16, 23, 30 from 10:30 to 11:15 a.m., Story Room, Sign up now for all four sessions. Space is limited.

PLEASE RECYCLE THIS NEWSPAPER

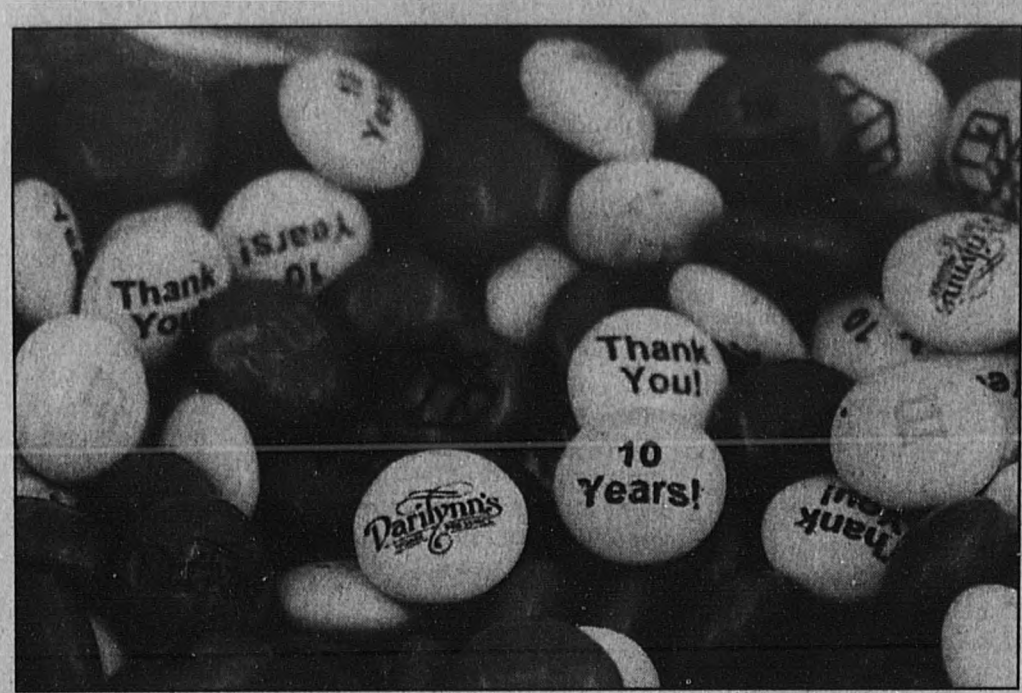
VILLAGE SHOP

Darilynn's celebrates 10th anniversary

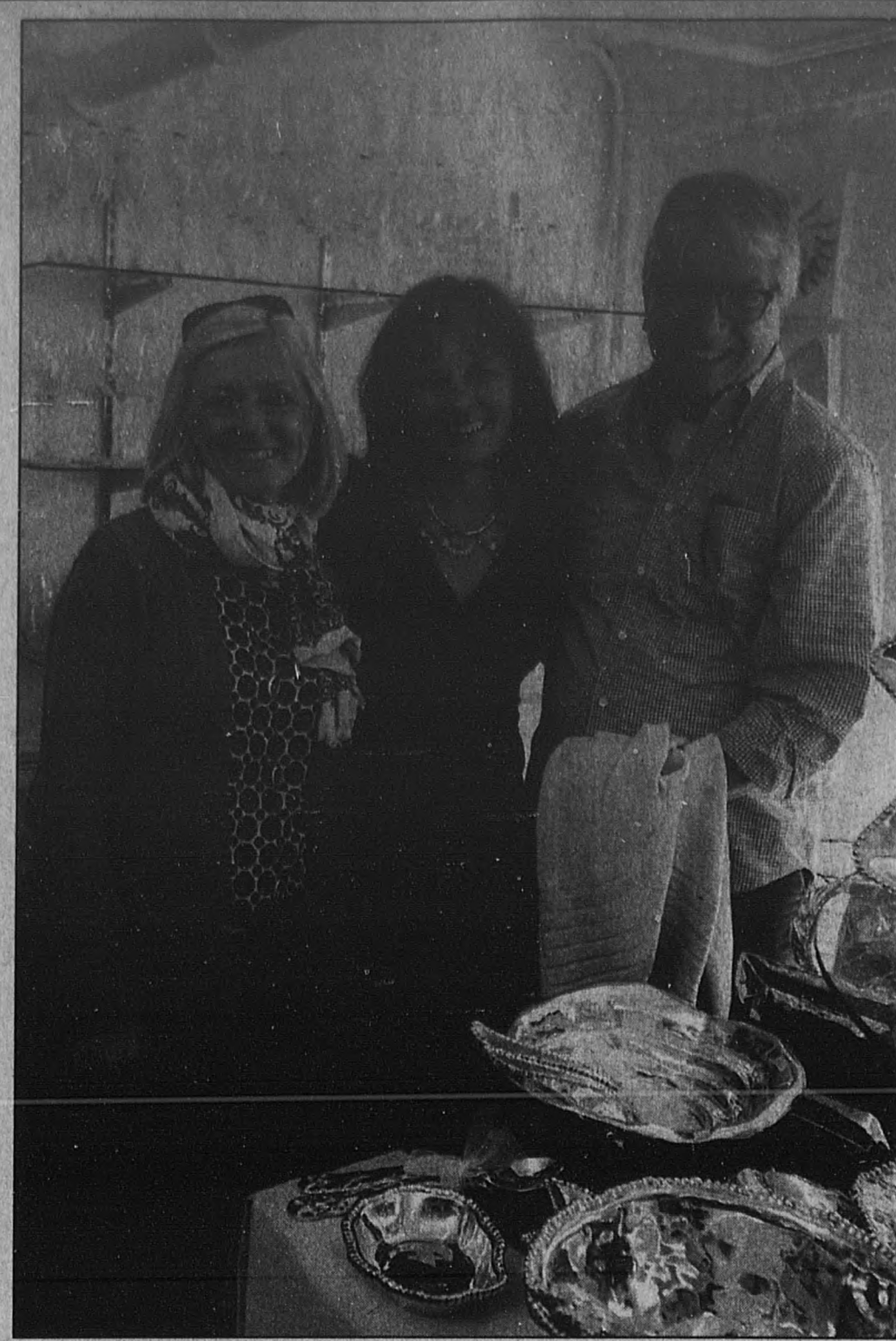
Darilynn's home presence in Cohasset Village celebrated its 10 year anniversary on September 19th! Throughout the month, the store proudly honored this important milestone with a series of promotions, contests, giveaways, customer appreciation offers and a champagne toast! Customers and vendors (including Rolf of Rolf Glass, whom I believe you got a picture of) stopped by to congratulate Darilynn on a decade of providing unique and special gifts for any occasion.

Store signage, displays, treats and a grand prize raffle adorned the inside of the shop, while much of the month's activities were promoted through newsletters and social media - namely the store's Facebook page. The customer interaction both in the store and online provided a great amount of positive feedback as well as fun facts and personal anecdotes from the past 10 years in business.

Owner Darilynn Evans and her team want to the thank the many customers, vendors and other local retailers who've supported the store throughout the decade. As they begin gearing up for the busy holiday season, they look forward to many more opportunities to help find the perfect gift for the special people and moments in life!



They had custom M&M's made for their 10 year anniversary celebration. WICKED LOCAL STAFF PHOTO BY ROBIN CHAN



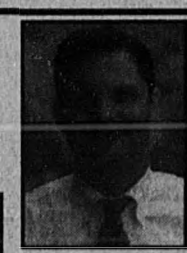
Darilynn Evans stands with two of her vendors since 2007, Paula Johnson and Rolf Poeting of Rolf Glass in Pennsylvania. WICKED LOCAL STAFF PHOTO BY ROBIN CHAN

Shelanne Durkin helps a customer while working at Darilynn's during their 10 year anniversary on Friday, September 19, 2014. WICKED LOCAL STAFF PHOTO BY ROBIN CHAN

Darilynn Evans, owner of Darilynn's, holds one of the fun items that you can purchase at her store. WICKED LOCAL STAFF PHOTO BY ROBIN CHAN

Beacon Hill Roll Call

By Bob Katzen bob@beaconhillrollcall.com



Senator Robert L. Hedlund (R-Weymouth) 617-722-1646 Room 313C

Representative Garrett J. Bradley (D-Hingham) 617-722-2520 Room 479

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

Volume 39 - Report No. 39 September 25, 2014

THE HOUSE AND SENATE. There were no roll calls in the House or Senate last week. This week, Beacon Hill Roll Call looks at Question One, one of the four questions on the ballot that will be decided directly by the voters in November.

The question asks voters if they want to repeal a law approved by the Legislature in 2013 as part of a $500 million tax hike package. The law provides that beginning in 2015, the gas tax will be adjusted annually, without a vote of the Legislature, based on any increase or decrease in the Consumer Price Index. There is no limit as to how high the tax could go but it cannot dip below 21.5 cents-per-gallon.

The Legislature hiked the gas tax from 21 cents to the current 24 cents as part of the $500 million package. Consumers also pay a surcharge of 2.5 cents per gallon to support an underground storage tank clean-up fund but the surcharge is not affected by this law.

The ballot question repeals the automatic adjustment and the provision that the tax can never be less than 21.5 cents. It does not repeal the hike to 24 cents.

Here are the official arguments, gathered by the secretary of state, by each side of the question:

IN FAVOR OF REPEAL. Written by Committee to Tank Automatic Gas Tax Hikes. For more information go to www.tankthegastax.org or call 617-744-0760.

"Voting yes simply stops the linkage of the gas tax to inflation. This linkage causes the tax to increase every year without a vote of the Legislature. That's taxation without representation. If the Legislature wants to increase taxes, they should have to vote for it. No tax should automatically increase.

This initiative cuts no money for bridge or road repair. It just requires the Legislature to take a vote if and when they want to raise the tax.

You already pay hefty gas taxes — 26.5 cents for state taxes and 18.4 cents for federal. For an average 15 gallon fill-up, you spend $6.73 in taxes.

Within the last year the administration has re-instituted tolls, raised registry fees by 20 percent, and raised other taxes. And the last time gas taxes were increased the money was diverted from road repair. The state has a spending problem, not a revenue problem."

AGAINST REPEAL: Written by Committee for Safer Roads and Bridges. For more info, go to www.saferoadsbridges.com or call 617-391-9663.

"Question One threatens the safety of you and your family when traveling on Massachusetts' roads and bridges. The problems are startling: according to the Federal Highway Administration, 53 percent of all bridges in the state are either structurally deficient or functionally obsolete. Moreover, 27 bridges have been closed because they are unsafe. Potholes and bad roads cost Massachusetts residents $2.3 billion a year in car repairs.

After decades of neglect, the poor condition of Massachusetts bridges and roads is now a significant public safety crisis. The longer we wait, the more it will cost every taxpayer to fix the problems. A Yes vote would make things even worse, by taking away existing gas tax revenues that we need to solve this public safety crisis — revenues that, under the state constitution, can only be used for transportation needs. Vote NO on Question One, and let's fix our unsafe bridges and roads now."

This week, Beacon Hill Roll Call record local legislators' votes on attempts to repeal the automatic annual adjustment during the 2013-2014 session. There were four roll calls in the Senate to repeal the law. We report on the most recent one. All senators except four consistently voted the same on all four roll calls. Inconsistent votes were cast by Sens. Michael Rush (D-Boston), who voted "yes, yes, yes, no;" Marc Montigny (D-New Bedford), who voted "no, no, yes, no;" and Joan Lovely (D-Salem) and Kathleen O'Connor-Ives (D-Newburyport) both of whom voted "no, no, yes, yes."

REPEAL AUTOMATIC GAS TAX ADJUSTMENTS

House 53-95, Senate 8-31, rejected an amendment that would repeal the automatic annual adjustment of the gas tax hike.

(A "Yes" vote is for repealing the automatic adjustment. A "No" vote is against repeal and in favor of the automatic adjustment.)

Y N

ALSO UP ON BEACON HILL

ARE THERE PAY RAISES ON THE RADAR? - The Special Advisory Commission on the Compensation of Public Officials was created by the Legislature in June as part of the fiscal 2015 state budget. Gov. Deval Patrick signed it into law in July. The commission is charged with studying the compensation of the governor, lieutenant governor, secretary, treasurer, attorney general, auditor, governor's councilors, senators and representatives. Its mission is to compare the salaries with the same elected officials in other states and the private sector and to examine the method by which biennial adjustments are made to legislative base pay.

The commission is required to submit its report and any recommendations by September 30. Last week, however, the commission announced it would not have its report ready until early or mid-December. The chair of the committee is Ira Jackson, former state revenue commissioner and now Dean of the John W. McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston.

The commission has held two meetings so far but announced it will hold meetings open to the public every second Friday, beginning on October 3, from 2 p.m. to 4 p.m. at 225 Franklin Street in Boston. It also announced it will hold two public hearings, one at the Statehouse in Boston on November 6 and the other in Springfield on November 14. In the meantime, it welcomes comments on its website, MassPublicComp.umb.edu.

Currently the governor is required to increase or decrease legislative salaries biennially under the terms of a constitutional amendment approved by the voters in 1998. The amendment, approved by a better than two-to-one margin, requires legislative salaries to be "increased or decreased at the same rate as increases or decreases in the median household income for the Commonwealth for the preceding two-year period, as ascertained by the governor."

For the 2013-2014 session, legislators' salaries were reduced by 1.8 percent. The cut reduced the base salary of each senator and representative by $1,100—from $61,132 to $60,032. The total savings from the $1,100 per member pay cut for the 200 legislators is $220,000 per year. Over the two-year 2013-2014 session, the savings was $440,000.

That cut was the second one in a row and followed a $306 pay cut for the 2011-2012 session. Prior to that, legislators' salaries had been raised every two years since the $46,410 base pay was first raised under the constitutional amendment in 2001. The new $60,032 salary means legislative salaries have been raised $13,622, or 29 percent, since the mandated salary adjustment became part of the state constitution. The new governor in January will announce whether salaries will be cut or hiked.

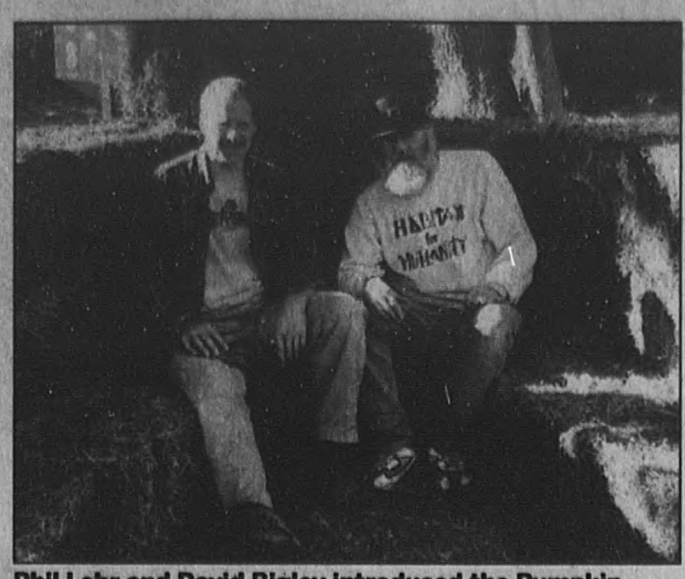
House Speaker Robert DeLeo and Senate President Therese Murray, both Democrats, also receive a $35,000 bonus for their service — boosting their salaries to $95,032. Republicans House Minority Leader Bradley Jones and Senate Minority Leader Bruce Tarr receive a $22,500 bonus for their service — boosting their salaries to $82,532.

MARK YOUR CALENDAR

Pumpkins coming on Oct. 8!

If you'd like to join in the fun, Cohasset ASP volunteers will be unloading over 3000 pumpkins on Wednesday (Oct 8) afternoon, to set up their annual Pumpkin Patch (at 206 N. Main St.). Unsure of exactly when the 18-wheeler will arrive, ASP will post 15 minute updates on the website (www.CohassetASP.org) starting at noon on Wednesday.

The Patch officially opens on Saturday, Oct 11, at 10 a.m.; but feel free to come join the fun and get a sneak peak at Mr. Lehr's 2014 design! Hours for the Patch will be 10 a.m. to 7 p.m., Oct. 11 through Oct. 31.



Phil Lehr and David Bigley introduced the Pumpkin Patch to town back in 2003. COURTESY PHOTO

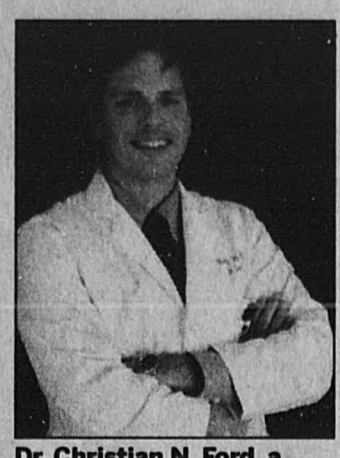
STARTS MONDAY

Plastic surgeon to conduct seminars

Dr. Christian N. Ford, a Stanford trained plastic surgeon, will conduct three seminars this fall at the South Shore Community Center in Cohasset. In Dr. Ford's practice, he offers surgical and non-surgical services for cosmetic enhancement of the face, breast and body, and develops individualized treatment plans designed to produce a natural and more youthful appearance.

Each seminar will be 90 minutes in length with a question and answer session the last 15 minutes. Each seminar costs $20 and will begin at 9:30 a.m. The schedule is: Monday, Oct. 6, The Science of Facial Aging; Monday, Nov. 10, Body Contouring After Weight Loss; and Monday, Dec. 1, Demystifying the Mommy Makeover.

To register online, visit www.southshorecommunitycenter.com or call the main office at 781-383-0088.



Dr. Christian N. Ford, a Stanford trained plastic surgeon, will conduct three seminars at the South Shore Community Center. COURTESY PHOTO

SEPAC TOPIC

'Basic Rights in Special Education'

Cohasset SEPAC is hosting "Basic Rights in Special Education" presented by Mary Buchanan, Cohasset School District's new Director of Student Services. The presentation will be held Tuesday, Oct. 7, at the Paul Pratt Library at 7 p.m. Mary will provide families with an introduction to their rights and responsibilities under the Individuals with Disabilities Education Act (IDEA), Massachusetts Special Education Law and No Child Left Behind (NCLB).

Parents/Guardians will learn how to be effective partners with their child's school. This partnership includes deciding eligibility for special education, how to plan, make decisions, and monitor their child's progress. They will learn about the language and rights within Individual Education Plans (IEP's), and 504 Plans within the special education process and be able to address questions or concerns. "This is excellent presentation for any family that is just coming into the Special Education process or families who want to be more effective in the IEP meeting. Also, it gives families an another opportunity to meet our new Student Services Director" states Helane Childs, Co-Chair Cohasset SEPAC.

This SEPAC meeting will be your last time to pre-order the IEP ORGANIZATION BINDER which we have assembled, with 8 pre-labeled tabs and 77 pages of information pertaining to Individual Education Plans for $15. Your child's education plan information should be kept in one binder for each year of education. Their information should be retained for a minimum of their first 22 years of life. Organization is key. Our 'working' Parent-to-Parent coffee the following week will help you to organize yourself. See: facebook.com/Cohasset-SEPAC for details.

The presentation is free and open to the public. Light refreshments will be served. For more information on this or other discussions on the South Shore, visit our Facebook page.

HISTORICAL SOCIETY

Learn about history of Thanksgiving

The Cohasset Historical Society will hold its Annual Meeting and Fall Dinner at the Atlantica Restaurant, 44 Border St., on Sunday, Oct. 19. Guest speaker, James Baker will review his book "Thanksgiving: The Biography of an American Holiday."

Based on extensive research, Baker has brought a clear view of the origins of this traditional holiday and what it has represented to the many generations who have celebrated the day over the years.

Born in Plymouth, Baker grew up with the stories of the pilgrims and the traditions of the town. He attended Boston University, majoring in history and received his masters degree in library science from URI. He worked at Plimoth Plantation from 1975 to 2001 as director of research, watching the project grow from a modest regional institution to museum of international renown. He then accepted a position of curator of the Alden House Historic Site in Duxbury. Since his retirement, he has published several books about Plymouth and the Pilgrims.

The dinner will begin at 5:30 p.m. with a cash bar and a cheese and fruit display, followed by dinner and the speaker.

Entree choices are sausage and apple stuffed chicken breast with a shallot and white wine sauce or roasted salmon with an apple cider and mustard glaze. The cost for the dinner is $31 for members and $36 for non-members. Make reservatation by Friday, Oct. 10 to facilitate planning the amount of food needed. You may send your check and entree selections to the Cohasset Historical Society, P.O. Box 627, Cohasset, MA 02025 or call the Historical Society at 781-383-1434.

LIVE MUSIC

Tonight: Open mic and poetry slam

Come to the Ground Level Coffeehouse tonight (Friday, October 3) for an open mic, poetry slam, and special guest musician, singer-songwriter Andrew Geano of Boston.

Tonight, bring your best (and worst) poetry to the stage. Whether you wrote it for laughs with friends or labored for weeks to get each word right, whether you tossed it off in the margin of your class notes on Hamlet or buried it deep in your journal, your words are welcome on our stage.

Not a poet? Feel free to share a famous poem that has inspired or moved you. And don't worry, we'll still open the stage up for musicians, as usual!

Come enjoy our new fall menu, with cozy favorites such as the pumpkin spice latté, hot apple cider, and chai and rooibos tea lattés.

Ground Level is located in the basement of Beechwood Church (51 Church Street, Cohasset). For more information, visit beechwoodcc.org or call 781-383-0808. "Like" Ground Level on Facebook (www.facebook.com/groundlevelcaf) or follow on Twitter @GroundLevelCaf.

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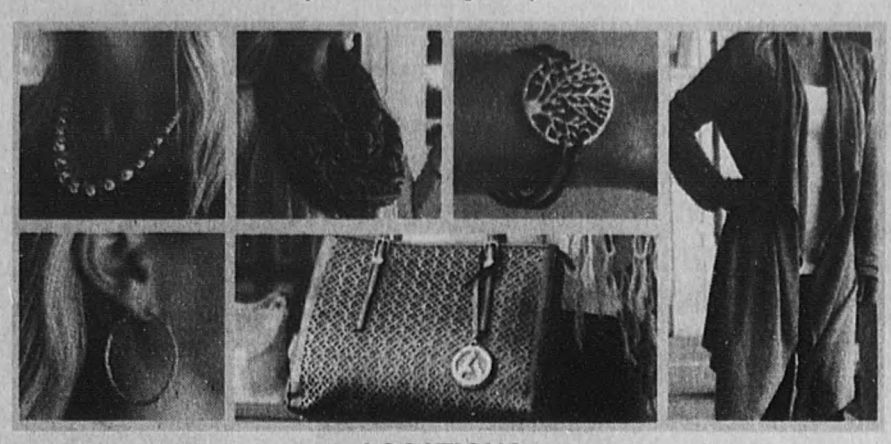

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RULES: No purchase necessary. One entry will be chosen at random for the above prize. Entries must be received by Friday, October 10, 2014. Winners will be notified by phone. Prizes may not be exchanged or redeemed for cash. One entry per person/per envelope. Photocopies or other mass reproduced entries and incomplete forms not accepted. Entries become the property of GateHouse Media® New England. GHMNE reserves the right to suspend or cancel this contest, or to change the contest schedules or deadlines without prior notification. Each winner, by accepting a prize, agrees to allow their names, town and photos to be used for any lawful purpose, including promotional materials.

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QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

William Wassersug is the Sports Editor for the Cohasset Mariner.

Please send your stories and photos or story ideas to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsguy

YOUTH BASKETBALL

Travel tryouts

The Cohasset Basketball Boosters announce that tryouts for the coming 2014-2015 Youth Travel Basketball season for boys and girls will be held Monday, Tuesday and Wednesday evenings from 6 — 9 p.m. during the weeks of Sept. 29 and Oct. 6 at Cohasset High School.

CYBSA BASEBALL

Major League tryouts October 14

Tryouts for the Major League will be on October 14 at 3:30 pm at the Barnes Complex. All players that would like to join the Major Leagues for the Spring 2015 season MUST ATTEND TRY-OUTS.

Players that will be 10 years old by April 30, 2015 are age-eligible to play in the Major League. The Majors are open to all 12-years olds and to those 10- and 11-year olds that are invited to join the league. The selection is based on a coaches' evaluation and a try-out evaluation. Any 10-, 11-, or 12-year old that is interested in joining the league must attend try-outs.

If you have a medical or scheduling issue and will miss try-outs you must contact the CYBSA prior to the try-outs. Unfortunately there are no exceptions. There will be only one day of try-outs; make-ups are not possible.

Information about the League and how to register for Try-Out Day can be found on the CYBSA.net website.

High School Soccer

Nominate Players of the Week

GateHouse Sports Editor Ryan Wood, who compiles the weekly Inside the Six Soccer Power Rankings has included a player of the week for both the boys and girls.

Soccer coaches at Cohasset High School are encouraged to email Ryan by Sunday at 12 p.m. to nominate a player of the week.

Be sure to include the player's name, position, year of graduation and statistics from the most recent week (games played between Sunday and Saturday).

Send your nominations to rwood@wickedlocal.com or tweet to him @RWsports

YOUTH HOCKEY

Coastal Stars registration

BOYS SOCCER

Boys find offense in victories

By William Wassersug
wwassersug@wickedlocal.com

Cohasset boys soccer coach Jim Willis has a number of reasons to be pleased with his team.

Despite a pair of what could be viewed as devastating lossed to Norwell and Abington, his team has rallied round the flag and worked hard to fix the mistakes and get things going on the right foot.

Over the past weeks, Cohasset has had a couple of big wins, including a 6-0 win over East Bridgewater on Monday, and a 4-0 blanking of Mashpee last Wednesday.

"We played as well today as we have all year," Willis said of the East Bridgewater game. "The kids were aggressive looking for shots and taking the offense to them. Defensively it was our fourth shutout in a row."

The Skippers were scheduled to play Randolph Wednesday, but that game was postponed to weather.

Willis was looking forward to the game against the new South Shore League entry.

"Randolph is a big game for us," he said Monday after the East Bridgewater game. "They're 8-0-1 and they tied Norwell. They're a very good team."

Willis is pleased with the past few games.

"Things are going well for us. The East Bridgewater game was a big win for us. They've got a good record."

One reason Willis is happy is the offense, which has found a footing with Sam Morris and Matt Legge.

"Matt has nine goals and an assist," Willis said. "Sam Morris has five goals and eight assists. They're both playing well. Sam has been awesome. He's driving the offense. He posseses and he scores. Matt has also done a great job."

On the other side, Willis has been thrilled with the defensive effort, including senior goalie Pat Federle,

SEE B. SOCCER, B2

FIELD HOCKEY

Taking control

Cohasset's Katie Talacci knocks in a goal to give Cohasset a 1-0 lead in the first half of Friday's 2-1 win over Monomoy. WICKED LOCAL PHOTO BY WILLIAM WASSERSUG

Field hockey tops Monomoy in league showdown

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset field hockey team showed the South Shore League, and just as importantly, the upcoming youngsters of Cohasset Youth Field Hockey what they're made of with a big 2-1 win over league rival Monomoy on Friday at Alumni Field.

After a pep rally led by the Youth teams, with a huge crowd, Cohasset came out strong and took the lead in the South Shore League with a 2-1 victory that had lots of drama, including a huge save by defender Erin Driscoll and goalie Emily Curran with two minutes left to play that preserved the lead for Cohasset.

Katie Talacci put Cohasset ahead 1-0 in the first half with 21:46 left in the half.

Monomoy answered with 12 minutes left in the half on a corner from Brook Wrightington to tie the game.

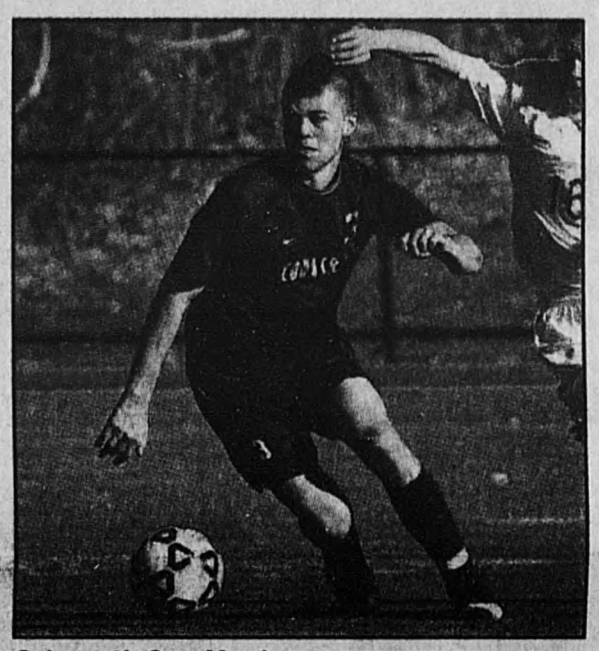
Cohasset had a chance to go ahead again, but

SEE FIELD HOCKEY, B2

ATHLETE OF THE MONTH

★★ Sam Morris ★★

"He's been awesome. Sam is a four-year starter and he really drives the offense. He possesses. He scores. He is the engine of the offense."
Cohasset coach Jim Willis



Cohasset's Sam Morris STAFF FILE PHOTO/ROBIN CHAN

Sam, along with Pat Legge has been the force on offense that has helped bring the Skippers offense to life. He had three assists in a 4-0 win over Mashpee, and notched two goals and two assists in a 6-0 win over East Bridgewater, Monday.

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GIRLS SOCCER

Girls surge after hitting road bump in opener

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset girls soccer team started the season with a bit of a disaster at Norwell, but things have turned around quickly and the girls have been playing much better and more importantly, have been having fun.

"The opening of the preseason went very well," Cohasset veteran girls soccer coach Deb Beal said. "The girls returned eager to play and seemed to be able to go right back to the place we left off last November. We had quite a run to finish off last season and we have ten of our eleven starters returning."

The season opener did not go quite as well as it could have, but it wasn't unexpected.

"In order to participate in the annual "Coastal Cup" with Norwell high school we opened our 2014 against Norwell at their new

SEE G. SOCCER, B2

The Cohasset girls soccer team gathers together before a game earlier in the season. WICKED LOCAL PHOTO BY ROBIN CHAN

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YOUTH HOCKEY

South Shore Seahawks roundup

Pee Wee B Blue

The Seahawks met the Braintree Indians in Rockland early Saturday morning, suffering a 4-2 loss in their first game of the year. After a quick start by the Seahawks, Braintree notched the first goal to make it 1-0. Seahawk Ryan Flynn tied the game late in the first period with great effort and tenacity on a loose puck at the goal, pounding the puck in to tie the game at one! Braintree scored two in the second to make it 3-1. Braintree got one more to start the third to gain a three goal lead. The Seahawks got within two on a two on one breakaway. Scoring was Matt Belsan on a beautiful feed from Thomas Cappadona. That was as close as the Seahawks could get but they look forward to the next matchup

The next day, the Pee Wee B's came out with solid hustle and strong positional play in a 4-1 win over Barnstable in Barnstable's own barn. One key to victory was textbook goaltending from Ryan Rosenau behind a determined defensive core of Belsan, May, McLarnon, and Milne. The forwards with big effort and good positional play also contributed to the win on Sunday. Lead by two goals from Christopher Sullivan, one from Thomas Cappadona, and one from Finn Duffey the team sustained hard pressure on the Barnstable goalie and defense. All in all it was a big team win to build on in the young season.

Girls U10 B

The girls U10 B team opened the season with a hard fought game against the Duxbury Dragons. Despite netting 4 goals, the girls came up short in the 6-4 loss. The highlight of the "SheHawks" was the play of netminder Ava O'Donoghue who slayed the dragons on countless prime goal scoring opportunities. O'Donoghue recorded 26 saves on the outing. Goals were scored by Celia Benson, Bridget Thompson. Grace Campbell added 2 goals to the offensive effort. Campbell also figured in with an assist as did Alexa Carnes, Nicole Prescott and Sophia Marshall. Additional strong performances came from Maddie McDonald, Sydnie Marshall, Sorina Condon and Isabella Burns.

Squirt C

The Seahawks Squirt C team notched its first win Saturday night when it unloaded a offensive fury in a 10-0 win over Hingham. Michael Fleming led the offensive charge with 4 goals! Forward Jacob O'Malley demonstrated hard work and hustle at both ends of the ice, helping to set the tone for the Seahawks. Jake Mullin and Luke and Nick Tramontozzi played stifling defense resulting in an easy shutout for goalie Adam Long. The Squirt C team looks forward to its rematch with Hingham next Saturday morning.

Mite C Yankee

The Seahawks Mite C Yankee team started the season with a great team win over Hanover Blue. Backed by great goaltending by Harry Campbell, gritty defensive work led to a barrage of offensive chances resulting in 20 goals scored by 9 different players. Jack McGuirk led the way with 4 goals.

GOLF

Golfers improve to 9-1, headed to tourney

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset golf team continues to play extremely well, easily clinching a post-season invitation as it chases a league title.

Nearing the midpoint of the season, Cohasset checks in with a 9-1 record that includes an 8-0 South Shore League record.

The Skippers and coach Torin Sweeney were scheduled to face Monomoy on the road Wednesday, but the match was rescheduled to Oct. 7 at Eastward Ho Golf Club in Chatham.

"We beat them by four at home the first time we played," Sweeney said of Monomoy. "This should be a close match."

For the Skippers, it has been a true team effort.

In the No. 1 slot, sophomore Mike Mckelvey is 7-3, while the No. 2 spot has been capably filled by junior co-captain Luke Carlyle, who checks in at 7-2-1. At No. 3, freshman Jack Fechter is 8-1-1.

Senior co-captain Rennie Westcott is 9-0-1 at No.4. Junior Kyle O'Brien is 7-3 playing in the No. 5 position.

The No. 6 spot has been rotated by Junior, Ben Moy (2-4) and Junior Brian Counihan (3-1).

Two other players, Liam McHugh and Joe Cavanaro have played in stroke play matches and as alternates.

"The team has great chemistry and are intense in competition, Sweeney said. "They are also having a lot of fun. We have clinched a tourney spot, but are looking to clinch the league title the next few matches."

B. SOCCER

From Page B1

who has four shutouts this season.

"The defense has picked up after a shaky start," he said. "All three of our defenders, (Jr.) Dan Toomey, (Sr.) Schuyler Van Pelt and sophomore William O'Connell have really picked up after the horrible opener at Norwell."

Willis said the schedule is tough, but he thinks his team will be involved in the hunt for the small school division of the league.

"We have Hull and Mashpee still left," he said. "Those are teams we've handled. Hopefully we can handle them again."

Willis hopes to be able to show his team's depth at some point.

"I have a great bench," he said. "I really want to get them in games."

On the whole, the recent package is what he likes.

"Our passing is getting better," he said. "Offensively we've been more aggressive. We attack the net. The defense is talking and we've been disciplined."

FIELD HOCKEY

From Page B1

Monomoy goalie Maddie Richardson made a big save on a penalty shot to keep the game tied.

Cohasset wasn't done though, and in what seems to be a familiar scene, senior Caty Gilman knocked home the game-winner with nine minutes to play.

From there Cohasset hung on for the big win.

Cohasset coach Laura Giuliano likes what she's seen from her team this season.

"It's the same as always," she said Wednesday. "They're awesome, real competitors. They have amazing skills too. Really, to characterize this team, of all the teams I've coached, this group has a really great sense of teamwork. They are a really good team. I'm really impressed with them."

As important to Giuliano, the team has a sense of fun when it comes to enjoying the game.

"They go out and have fun," she said. "But they are also great competitors, especially when it comes to such important games as Monomoy. When they're in a high charged game, they are competitors."

Giuliano follows a one-game at a time philosophy, and looks at the big picture beyond the stats and numbers. She's been pleased with many players in many positions.

"Emily Curran, our goalie has been on fire all season," she said. "And our defense has been great. (Senior co-captain) Dagmar Seppala and Erin Driscoll have done a great job. They're both defensemen and have a lot of talent. The defense keeps us in games. The defense kept us in the Monomoy game."

In the middle, Valerie Farren, a senior co-captain and junior co-captain Molly Cunning have done a fantastic job.

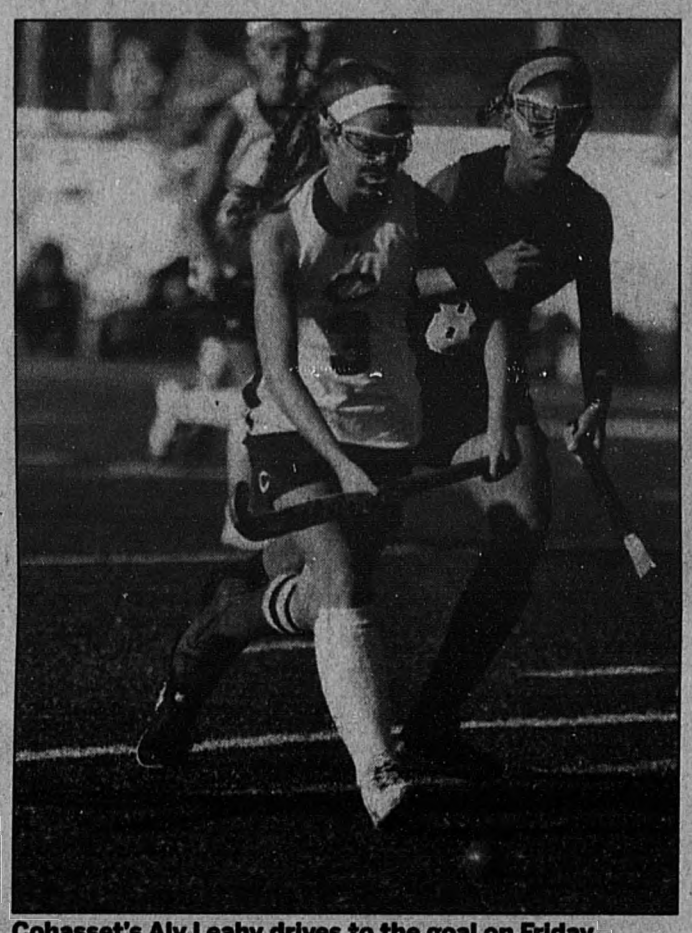
"Valerie is a great ball mover," Giuliano said. "She goes side to side and takes the ball up. Molly has terrific stick skills and both are growing as the season goes on. They're peaking at the right time."

Offensively, Gilman and junior co-captain and forward Aly Leahy have led the way.

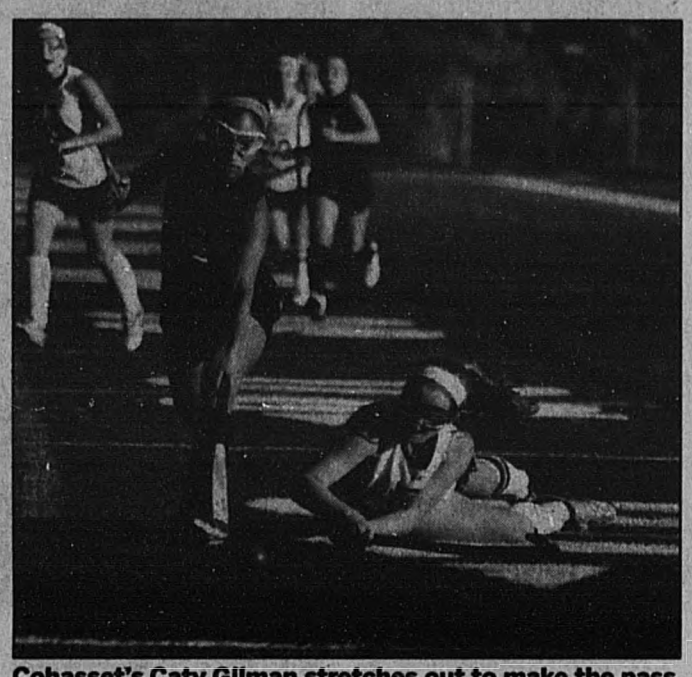
"They're a great forward line," Gilman said.

As for the rest of the season, Giuliano said it's all about improving with every practice and every game.

"We're playing to develop," she said. "We not only want to have fun, but we want to do what we do a little better every time. We're always trying to tweak our game."

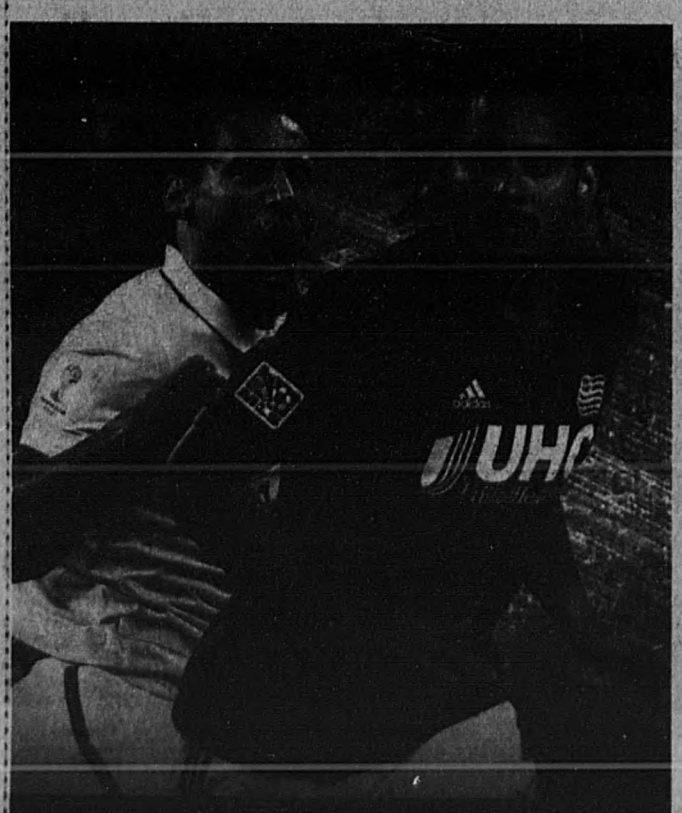


Cohasset's Aly Leahy drives to the goal on Friday against Monomoy. WICKED LOCAL PHOTOS BY WILLIAM WASSERSUG



Cohasset's Caty Gilman stretches out to make the pass against Monomoy on Friday afternoon.

Fourth grader Ainsley Allen, left, and fifth grader Ellie Fox, right, do some face painting as they prepare to cheer on the varsity field hockey team on Friday night.



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G. SOCCER

From Page B1

complex," Beal said. "It was not a pretty afternoon. We ran directly into a brick wall and never seemed to get our footing after that first goal was scored on us. We left that game on a Friday afternoon knowing we had some mental regrouping to do before we faced off against Carver the next Wednesday. A little time together, some positive reinforcement and revisiting the basics prepared us for the next game."

Beal knew what she was talking about.

"We played a much better game at Carver, but we just struggled to find the net," she said. "I was pleased with our enthusiasm and felt that we were headed in the right direction."

Things started getting fun from there.

"We then faced off against Avon, Monomoy, Rockland and Mashpee where we outscored our opponents 20-7," Beal said. "The kids are gaining confidence and it is making their performance as a team very strong. Our most exciting game so far was with Rockland, we always match up very well with them and seem to play a great game. Things were no different this past week. In an evenly matched game, Rockland scored first and we countered, then Rockland again and us again leaving the game tied at two with minutes to play. Senior captain Emmy McGoldrick who has returned from knee surgery and is gaining speed every game found some space outside the 18 and got herself a quick shot beating Rockland's keeper to the top left. It was so wonderful to see the kids so excited."

Cohasset players celebrate a goal in a recent game. COURTESY PHOTO

Payback, as they say ... "Last year Rockland did the same thing to us on our field," Beal explained. "They scored the winning goal with a minute remaining."

Next up was another road trip.

"Monday we faced off against East Bridgewater at their place, the very place where we ended our exciting end of season run last year. Heading into today's game EB had outscored us 25-2 in our last seven meetings," Beal said. "We stepped on that field today as a more mature and composed group and we played a tough game, although we lost 2-1 the growth in the program across the board was so nice to see, a true testament to the dedication and hard work of the girls."

Beal is enjoying her team.

"When I stop and take the minute to think about this group of kids I realize just how lucky I am to be able to spend my afternoons with them," she said. "They are so honest and fun and real, they work hard, they pour themselves into it and they still find a way to laugh at themselves. They are developing a sense of when it's time to push and when it's time to reflect. I am so impressed with how they stay composed and more importantly how they represent themselves, their school and their community. You're going to hear me say it over and over this season, these kids are awesome, I'm so proud of them. They just get it, they are student athletes and they are great people."

Beal is especially proud of her leaders.

"So as we push ahead through the season I'm looking forward to what these girls will come up with next. Our leadership in the senior class is tremendous," she said. "Captains Emmy McGoldrick, Isabel McCarthy and Megan Fitzgerald are hard at work and supported by seniors Jacqueline Hart, Clara Baumgarten, Caroline Prescott, Carly Gundersen. Juniors Emily Rosano, Kerry Dunn, Meg Rosano, Lauren McManus, Kate Gibbons and Julia Richardson are familiar with the varsity territory and have been playing outstanding."

Younger players have also stepped up.

"Sophomores Audrey Hart, Nikki Federle, Sophie Matthews, Dulaney Bernstein spent some time as freshman up here and are picking up just where they left off," Beal said. " Emma Loft was the only freshman who made the jump to Varsity this fall to start but there could always be some additions as the season progresses and our needs change. The junior varsity is full of talent and any one of them could be called up at any time to help out."

HOCKEY

Leafs down Rangers in Classics

South Coastal Hockey League roundup

By Mark Ducharme
Correspondent

The Maple Leafs Jeff Gauthier made sure that his team would break their two game losing streak in the Classics Div. of the South Coastal Hockey League.

Gauthier scored three goals in the span of four minutes of the third period to give the Leafs a 6-3 win over the Rangers.

Marshfield's Dave Evans, Bill McIver of Pembroke and Shawn Malloy scored second period goals while Mike Bartlett had three assists Joe Greene and Paul Maier added two each in the game for the Leafs.

Steve DiMaio of Pembroke scored two goals and Hanover's Paul LaFond had a goal and Lou Sideropoulos had two assists for the Rangers.

The Red Wings got three goals and two assists from Brian Hurcombe of Pembroke in their 7-3 Classics Div. win over the Canadiens.

Marshfield's Ron DiCecca added a goal and two assists, Scott Varley, Steve Perkins and Tom Pirpenbrink had a goal apiece for the Wings.

Mike Fahie of Pembroke led the Canadiens with two goals and Clem Fillion had one goal.

The Black Hawks had 11 different people get points including goals by Peter Racicot, Tony Rota, Ken Twigg of Pembroke and Tim Fallon in their 4-1 win over the Bruins in Classics Div. matchup. Marshfield's John Zimmer scored 28 seconds in the third period for the Bruins.

Art Riccio scored a goal and set up four others for the Sharks in their 8-1 Legends Div. win over the Toros. The Sharks Mike Crisp added two goals and two assists.

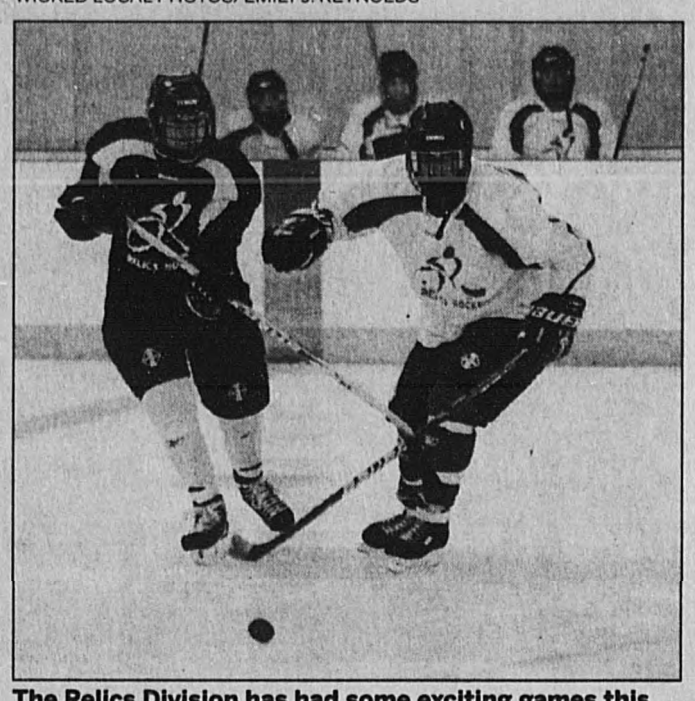
Hanover's Daron Jacobs scored two goals and set up another while Tim Cruz of Marshfield scored two goals and Jay Faherty had one for the Sharks while Jim Holmes scored the Toros goal.

Joe Alibrandi recorded his first shutout while Duxbury's Harry Mathews and John Guilderson both had had a goal and an assist in the Whalers 3-0 win over the Stingers in a Legends Div. matchup. Adam Bellantoni also scored for the Whalers.

Jim Mulhern of Pembroke and Charles Ryan both scored two goals each while Mike Ryan added a goal and an assists to lead the Saints to a 6-3 Legends Div. victory over the Crusaders. The Saints other goals was scored by Jonathan Graham.

Jim Callahan scored a goal and assisted on another one, Mike Simon and Marshfield's John Hernon added a goal apiece for the Crusaders.

Rene Rancourt sings the National Anthem, joined by Todd Roach, left, Plymouth County District Attorney Tim Cruz, and former Bruin Derek Sanderson, before a Relics Hockey game at the beginning of the season.
WICKED LOCAL PHOTOS/EMILY J. REYNOLDS



The Relics Division has had some exciting games this season.

INSIDE THE SIX SOCCER POWER RANKINGS WEEK FOUR

McGoldrick named top player

Boys and girls on the bubble

By Ryan Wood
rwood@wickedlocal.com

A relatively quiet week in terms of games played turned out to be a big one for a number of teams. There were upsets galore in week four, a week that sees nine changes, a new No. 1, and two teams move from the bubble to the top six. Here are the week four rankings, based on games played from Sept. 21-27. Previous week's rankings are in parentheses.

BOYS

1 DUXBURY (2) - The Dragons (6-0-1) make their debut in the top spot, and rightly so after remaining unbeaten with a come-from-behind 1-1 tie against Pembroke.

2 PEMBROKE (4) - The Titans (5-1-2) passed their toughest week of the season with flying colors. After tying Duxbury, 1-1, they handed Silver Lake its first regular season loss since 2012.

3 BRAINTREE (3) - The Wamps (5-2-1) are unchanged from a week ago after a decent showing. They ended the week with a 3-1 win over Xaverian after losing, 4-2, to unbeaten Needham midweek.

4 SILVER LAKE (1) - The week started out well for the Lakers, who beat Quincy, 6-1. But their unbeaten start to the season ended Friday at the hands of rivals Pembroke, and they fell to 7-1-1 and four spots in the rankings.

5 MARSHFIELD (NR) - The Rams make their 2014 debut in the poll after a light, but productive week. They beat Sandwich, 1-0, to improve to 3-2-2. They've only allowed four goals this season.

6 SCITUATE (NR) - The Sailors didn't like sitting on the bubble, so they went out and beat Norwell, last week's No. 6. The 2-1 win, and a 3-2 victory over Whitman-Hanson, sent Scituate's record to 6-1-1.

ON THE BUBBLE: Weymouth, Norwell, Cohasset, Rockland

PLAYER OF THE WEEK: Curran Wait (Scituate) - The senior scored a goal in a 2-1 win over Norwell, handing the Clippers their first loss of the season. Wait also scored a vital goal in Scituate's midweek win over Whitman-Hanson.

GIRLS

1 SCITUATE (1) - The Sailors faced Notre Dame twice in less than two weeks, and again, they produced a winning result. A 2-1 victory against NDA pushed Scituate's record to 7-0-1. The Sailors also suffered their first tie of the season, 1-1, against Whitman-Hanson.

2 HINGHAM (2) — Retaining the No. 2 spot, Hingham continues to produce positive results. A 4-1 win over North Quincy and a scoreless draw against Notre Dame put Hingham at 7-0-1.

3 BRAINTREE (4) - The Wamps (4-1-2) saw their unbeaten streak end, but the 2-0 loss came at the hands of Needham, which has yet to lose this season.

4 NORWELL (6) - Up two spots, the Clippers remain perfect in the South Shore League and are 6-1-1 overall after winning their only game of the week, a 6-0 victory against Monomoy.

5 ROCKLAND (3) - The week ended better than it began for the Bulldogs (6-2), who beat Abington two days after losing, 3-2, to Cohasset.

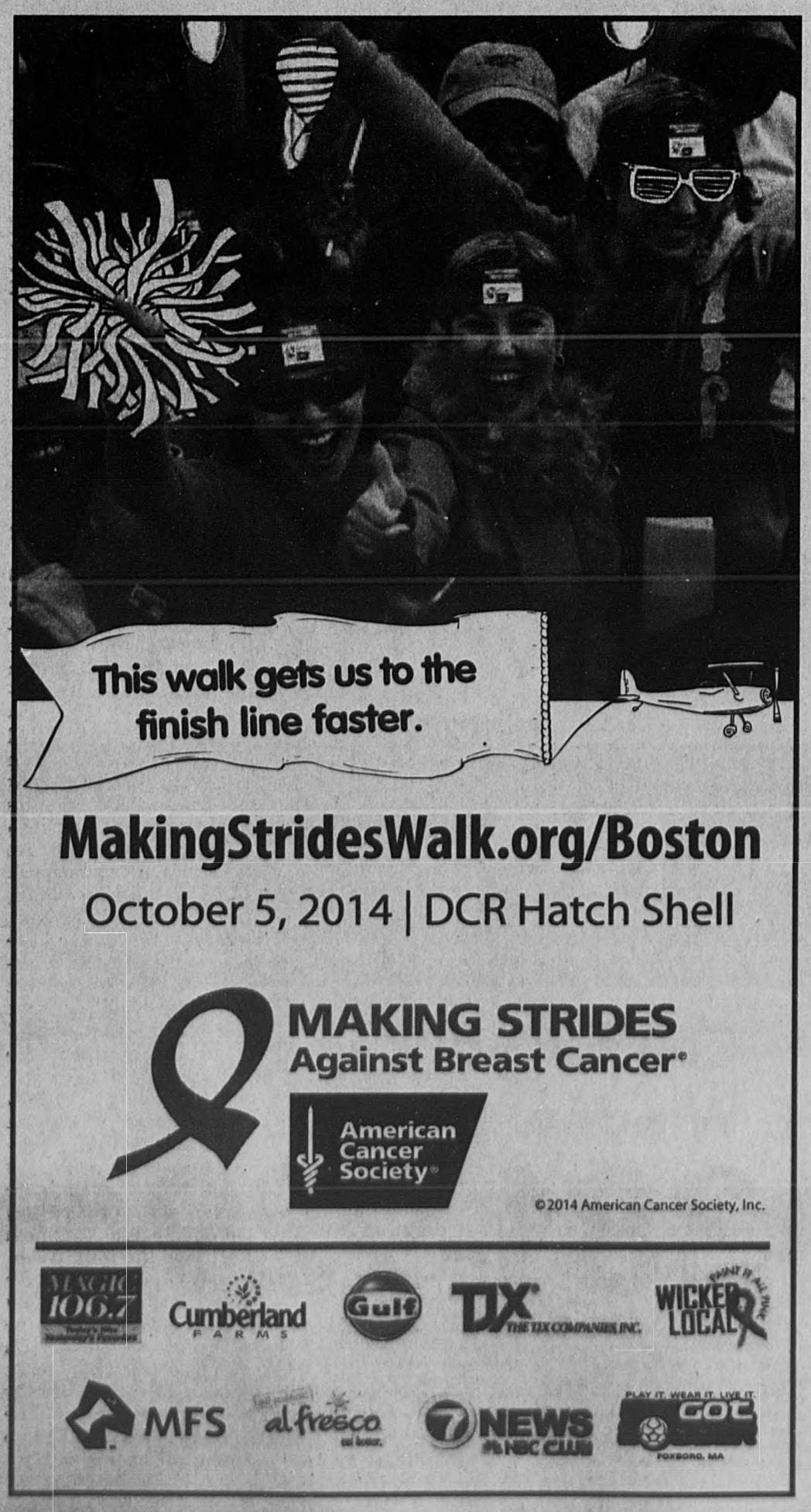
6 PLYMOUTH NORTH (5) - The Eagles (5-3-1) had .500 week, beating Hanover, 2-0, to start and ending it with a 3-1 loss to a tough Whitman-Hanson side.

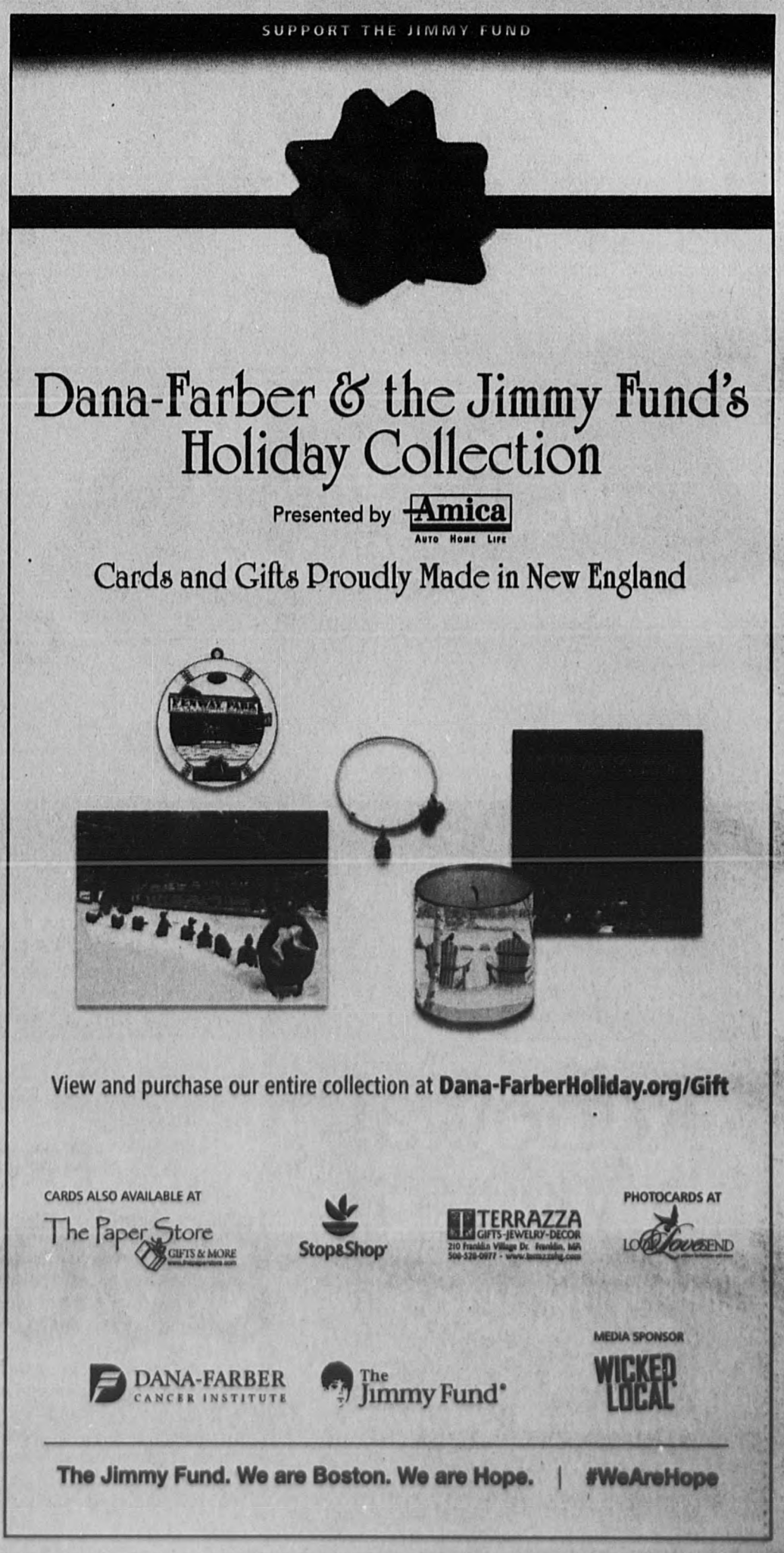
ON THE BUBBLE: Cohasset, Weymouth, Duxbury, Marshfield

PLAYER OF THE WEEK: Emmy McGoldrick (Cohasset) — The senior captain was instrumental in leading the Skippers on their five-game winning streak. Last week, she scored the game-winning goal late in the match against Rockland on the road, handing the Bulldogs just their second loss in eight games.

The Inside the 6 — Soccer Power Rankings are decided based on a number of criteria: record, strength of schedule, performance against teams in and out of their divisions, goals scored, and goals conceded. The public schools in our coverage area include: Abington, Braintree, Carver, Cohasset, Duxbury, Hanover, Hingham, Marshfield, Norwell, Pembroke, Plymouth North, Plymouth South, Rockland, Scituate, Silver Lake, and Weymouth. Check out your town's Wicked Local website to see the rankings and to comment on them, and feel free to email Ryan Wood at rwood@wickedlocal.com.

WICKED LOCAL.com It has to be good to be wicked!





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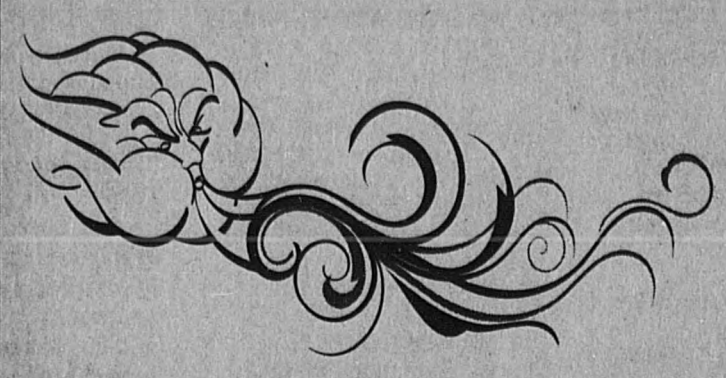

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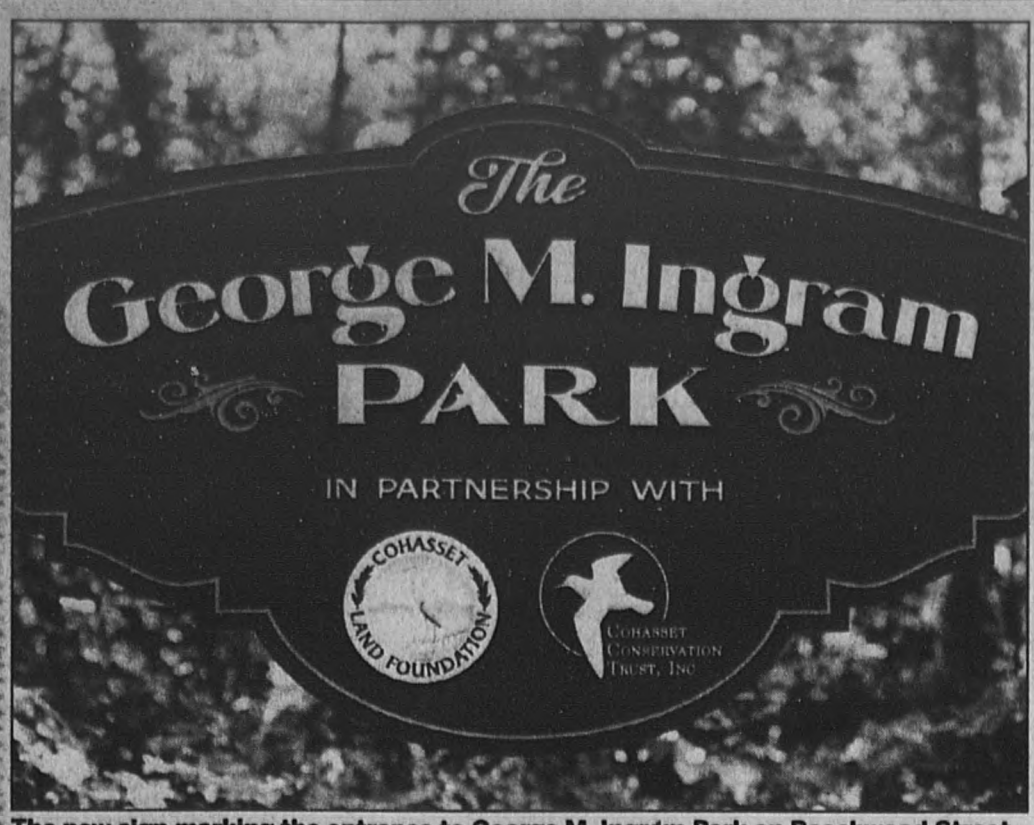
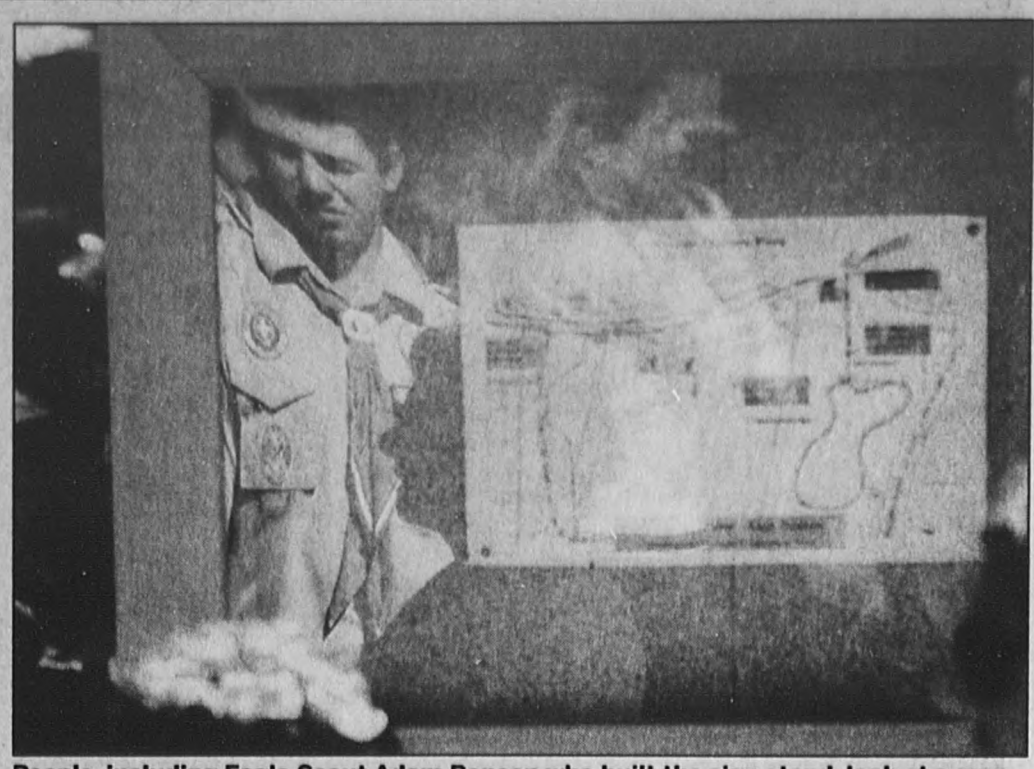


The new sign marking the entrance to George M. Ingram Park on Beechwood Street.



People, including Eagle Scout Adam Benson who built the sign stand, look at a map of the walking path through George M. Ingram Park, off Beechwood Street during the dedication ceremony on Sunday.

Parkland dedicated

Ingram family in attendance

On Sunday the Cohasset Land Foundation (CLF) hosted the dedication of the George M. Ingram Park on Beachwood Street. This was to recognize the generosity and patience of the Ingram family in carrying through Ozzie Ingram's goal of creating a park to honor his father, and to help support his family's trust. This was completed after seven years of a coordinated effort by the CLF, the Cohasset Conservation Trust and the Community Preservation Committee.

Of the total 40 acres, 27 acres were preserved for Ingram Park, 6 acres were purchased by the Vedanta Center, and 7 acres were made into lots for three houses.

At the ceremony, special recognition was given to Frank Neer and Kathleen O'Donnell for their significant contributions, and Ozzie Ingram's children, Judy Hatfield, Martha Yates, and Alan Ingram whose continued support and patience made this happen.

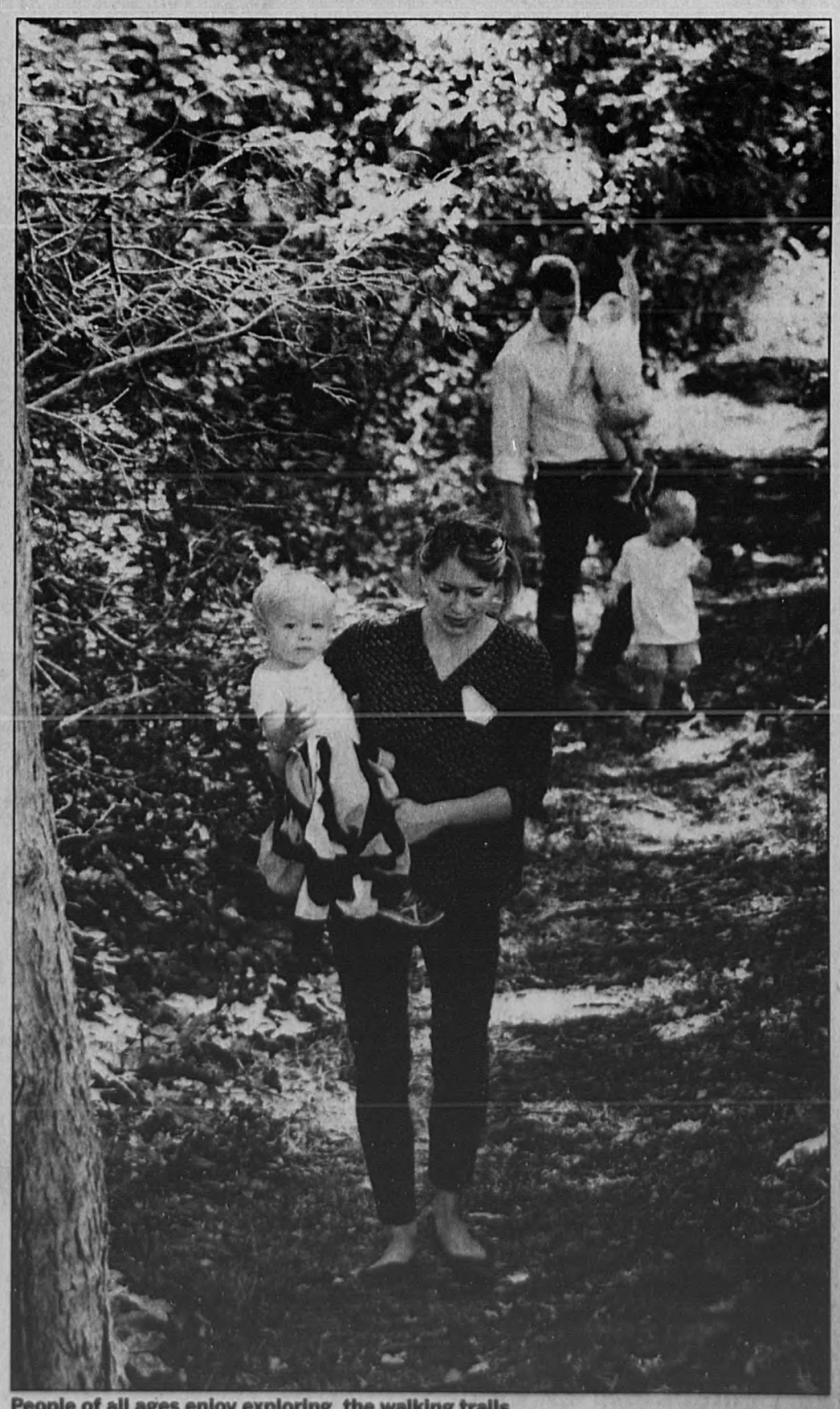
Special recognition was also given to Doug Hatfield who worked tirelessly to make this park a reality.

Relatives of George M. Ingram gather around the new sign marking the entrance to George M. Ingram Park on Beechwood Street on Sunday.

WICKED LOCAL PHOTOS BY EMILY J. REYNOLDS

Those in attendance Sunday listen to some remarks.

Members of the Cohasset Land Foundation, Cohasset Conservation Trust, Board of Selectmen, Cohasset Preservation Committee and Eagle Scout Adam Benson, gather around the new sign marking the entrance to George M. Ingram Park on Beechwood Street.



People of all ages enjoy exploring the walking trails.

OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

Ruth S. Mitchell

COHASSET – Ruth S. Mitchell, 93, of Cohasset, passed away September 24, 2014.

She was the wife of Francis J. Mitchell of Cohasset; mother of Paul F. Mitchell and his wife Jane of Hingham, Brian A. Mitchell and his wife Linda of Alton Bay, N.H., and Judith A. Cooling of Cohasset. She is also survived by her 7 grandchildren and 5 great-grandchildren.

Ruth graduated from the Wilfred Academy for Hairdressing and was a hairdresser for many years.

During World War II, she worked at the Regal Shoe Factory in Whitman.

Ruth will forever be remembered by her family and friends for her love of singing, particularly in her church choir and as a soloist at many local churches, and playing piano.

Visiting hours were held for Ruth Monday, September 29, from 4-7 p.m. at the Downing Cottage Funeral Chapel, 21 Pond Street, Hingham.

A funeral service was held at the funeral home immediately following the visiting hours at 7 p.m. Cremation followed.

Donations may be made in Ruth's memory to Hull Seaside Animal Rescue, 50 L Street, Hull, MA 02045.

For more information or to sign our online guest book, please visit www.downingchapel.com.

Douglas R. Peck

COHASSET – Douglas R. Peck, age 91, passed away peacefully at Sunrise Assisted Living in Cohasset on Sept. 8, 2014.

Beloved husband of Phyllis (Rands) for 71 years. Devoted father of Judith E. Mitchell and husband John of Plymouth, Virginia F. Peck of Lowell, and Robert R. Peck of Oakland, Calif. Proud grandfather of Laura, Timothy, Joshua, Alissa, Schyler and Ian; and great-grandfather of Bobby and Jack.

Mr. Peck, a veteran of WWII, was honorably discharged in 1946 as a First Lieutenant in the US Army Corps of Engineers. He had built and repaired airfields on Saipan, and was on a troop ship headed for Okinawa when the war ended.

He graduated from Penn State as a Civil Engineer, and worked as Chief Engineer for United Clay Mines, later Cyprus Mines, in Tennessee, New Jersey, Belgium, and California before retiring to Massachusetts.

In retirement, he and Phyllis traveled widely in the US and abroad, even going to China, when it first opened to tourists again, for their 50th wedding anniversary.

He was a member of the Cohasset Rotary and The Old Goats. He assisted Phyllis with many Garden Club of Cohasset projects, including creating the blueprint for the Lighthouse Keeper's Garden.

Doug and Phyllis regularly enjoyed live theatre; in fact, they met at Penn State while performing in a play titled, Love Rides the Rails, or Will the Mail Train Run Tonight. Douglas also loved classical music and they would often go to the Boston symphony

He was an excellent carpenter and always had a wood shop wherever they lived. Whatever his family or the community needed, he loved having building projects. Doug had initially studied architectural design at Penn State before he switched to engineering, feeling that was a safer and more practical field. But the design training came in handy, because he designed clay processing plants and administrative buildings for United Clay Mines and then Cyprus Mines Corp. When they lived in Martin, Tenn., Douglas designed their lovely, efficient home that fitted them perfectly.

While in Palos Verdes, Calif., Phyllis and Doug took sailing and navigation courses and bought a sailboat. They enjoyed taking friends and family out for sails on the Pacific, but because they loved traveling and seeing new things, they never replaced the boat when they moved East.

In Cohasset, Doug volunteered to drive seniors to their doctor appointments, shopping trips or to hospital visits. During the garden club's Holiday House Tours, he drove people to the different houses. He and Phyllis would sometimes serve at Father Bill's in Quincy during holiday times. Douglas was always generous with his time, talents and support for his family and the community, and he will be missed.

A memorial service will be celebrated on Saturday, Oct. 25, 2014 at noon in the Second Congregational Church, Highland Avenue, Cohasset, MA 02050. Relatives and friends are invited.

In lieu of flowers, donations to honor Douglas may be made to The Second Congregational Church, or the charity of your choice.

For an online guest book, please visit www.mcnamarasparrell.com.

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COHASSET POLICE/FIRE LOG

Mon., Sept. 22

6:09 a.m. **King St.,** Dunkin' Donuts, community service.
6:54 a.m. **Chief Justice Cushing Hwy.,** motor vehicle stop, written warning.
7:07 a.m. **Pond St.,** Cohasset Jr./Sr. High School, traffic control.
7:21 a.m. **Forest Ave.,** traffic enforcement.
7:29 a.m. **Pond St.,** motor vehicle stop, written warning for speed.
7:52 a.m. **King St.,** Mobil Mart, larceny report. Caller reports a customer has taken things out of the shed at the business and not paid for them. Took items on Thursday and was to come back and pay her for them and has failed to return.
9:28 a.m. **Ripley Road,** directed patrol.
9:39 a.m. **Ripley Road,** motor vehicle stop; citation issued.
9:59 a.m. **Ripley Road and Sohier St.,** motor vehicle stop; citation issued.
10:06 a.m. **South Main St.,** DPW. Wood chips on the road southbound lane by the Red Lion.
10:31 a.m. **Jerusalem Road,** parking complaint. Cars parked on sidewalk and would like them removed. They use the sidewalk for walking. Vehicles have been moved.
10:48 a.m. **S. Main and Summer streets,** traffic control.
11:04 a.m. **S. Main St.,** motor vehicle stop; verbal warning.
12:20 p.m. **Beechwood St.,** Beechwood Ball Field, animal call. Stray dog walking around the outside of the playground.
1:27 p.m. **Country Way, Scituate,** mutual aid. Soft perimeter set-up at this time at 3A town line and South Main and Country Way. Suspect armed, robbed T Station employee.
2:37 p.m. **Stockbridge St.,** medical aid.
4:59 p.m. **Bay View Drive,** suspicious person. Suspicious male wearing a red T-shirt and no shoes, beard. Claims he is looking for someone. Second caller from complex called to report the same issue. Located male, he lives in the area.
5:27 p.m. **Chief Justice Cushing Hwy.,** Police Department investigation, follow-up.
5:29 p.m. **Forest Ave.,** well being check. Checking for missing juvenile. Spoke to the father and two boys. They last saw him in Hull. Individual has a problem with his phone.
6:05 p.m. **S. Main St.,** Police Department investigation. Out at location with Scituate K9 on a follow-up. MBTA advised to go slow through the area and to notify police if anyone is seen on the tracks.
7:10 p.m. **Ledge Way,** suspicious person. Caller reports she was coming from the post office and while on Beechwood she saw a male in jeans and a black hoodie go up a long driveway of a recessed house.
7:43 p.m. Suspicious person. Caller reports a male on Route 53 walking toward Pembroke. Male had a dark-colored sweatshirt with the hood down.
8:29 p.m. **King St.,** suspicious person. Checking on a report of a suspicious male in the woods area by 3A northbound, Whitney Woods area. Nothing showing.
9:15 p.m. **Castle Road and Main St.,** suspicious person. Suspicious male in a black shirt and gray backpack walking in this area. Party lives on S. Main Street and checks out.

Tue., Sept. 23

1:23 a.m. **Avalon Drive,** medical aid.
6:32 a.m. **Chief Justice Cushing Hwy.,** directed patrol.
7:05 a.m. **Hull St.,** traffic enforcement.
7:19 a.m. **Pleasant St.,** JJ's Junction, traffic hazard. Roadwork going on without police detail. Cars are hitting one another. Checked area and no more traffic than usual This is roadwork but not a hazard.
9:23 a.m. S. Main St., community service.
10:01 a.m. **S. Main St.,** disturbance. Woman was yelling in the street at another party. Situation logged for future reference.
11:24 a.m. **Ripley Road,** traffic enforcement.
11:44 a.m. **Red Gate Lane,** medical aid.
12:06 p.m. **Cedar and N. Main streets,** traffic enforcement.
12:10 p.m. **S. Main and Summer streets,** traffic enforcement.
12:27 p.m. **S. Main and Summer streets,** motor vehicle stop; verbal for speed.
1:56 p.m. **Beechwood St. and Chief Justice Cushing Hwy.,** traffic enforcement.
2:01 p.m. **Forest Ave.,** traffic enforcement.
2:27 p.m. **Chief Justice Cushing Hwy.,** motor vehicle stop; verbal warning.
3:32 p.m. **S. Main St.,** traffic post.
4:13 p.m. **Avalon Drive,** medical aid.
4:37 p.m. **Beechwood St.,** motor vehicle stop; citation issued.
5:15 p.m. **Ripley Road,** motor vehicle stop; citation issued.
5:21 p.m. **Atlantic Ave.,** Sandy Beach, assist public. Elderly female needs assistance getting out of her beach chair and off the beach, no medical issues. Officer reports citizens were able to get the female out of the chair. A2 has evaluated the patient and it is a refusal.
5:32 p.m. **Elm St.,** Police Headquarters, fraud. Walk-in regarding identity theft.
6:08 p.m. **Beach St.,** outside gas odor. Walk-in to Fire Department reporting outside odor of gas.
6:11 p.m. **Lothrop Lane,** medical aid.
7:04 p.m. **N. Main St.,** traffic post.
8:40 p.m. **Highland Ave. and N. Main St.,** motor vehicle stop; citation issued.
9:05 p.m. **Chief Justice Cushing Hwy.,** motor vehicle stop; verbal warning.
9:32 p.m. **N. Main St.,** medical aid.
10:15 p.m. **King St.,** motor vehicle stop; citation issued.
10:37 p.m. **Chief Justice Cushing Hwy.,** motor vehicle stop; citation issued.

Wed., Sept. 24

6:55 a.m. **S. Main St.,** noise complaint. Loud noise at Sewer Plant behind his house. Environmental company doing a pump-out.
7:07 a.m. **Cushing Road,** directed patrol.
7:08 a.m. **Ripley Road,** directed patrol.
8:42 a.m. **Beechwood St. and Chief Justice Cushing Hwy.,** traffic assignment.
9:07 a.m. **Chief Justice Cushing Hwy. and Pond St.,** motor vehicle stop; citation issued.
9:47 a.m. **Cedar and Hull streets,** directed patrol.
9:51 a.m. **Hull St.,** motor vehicle stop; verbal warning.
11:31 a.m. **Elm St.,** Police Headquarters, property found. Walk-in resident reports finding firearms while cleaning out his mother's house. He has turned them in to headquarters.
11:38 a.m. **Quonahassit Trail,** motor vehicle stop, written warning.
11:41 a.m. **Chief Justice Cushing Hwy.,** Cohasset Pediatrics, medical aid.
11:52 a.m. **Beechwood and Doane streets,** motor vehicle stop; citation issued.
12:02 p.m. **King St.,** motor vehicle crash, possible neck pain. Scituate Collision on scene.
1:40 p.m. **Ripley Road,** directed patrol.
1:43 p.m. **Cedar Lane,** animal call. Injured or sick skunk in the yard. Caller says it has walked into the woods, she will call back when it comes back again.
1:44 p.m. **S. Main and Summer streets,** directed patrol.
1:44 p.m. **S. Main and Summer streets,** animal call. Dead squirrel in roadway between Summer and Beechwood streets.
1:56 p.m. **Ripley Road,** motor vehicle stop; citation issued.
2:01 p.m. **Ripley Road,** motor vehicle stop; verbal warning.
3 p.m. **Forest Ave.,** directed patrol.
3:04 p.m. **Chief Justice Cushing Hwy.,** motor vehicle stop; verbal warning.
4:24 p.m. **Chief Justice Cushing Hwy.,** suspicious person. Male, dark hair, black sweatshirt, possibly gray sweatshirt, in his 20s walking along 3A giving the middle finger to cars. Male denies that action.
4:57 p.m. **N. Main St. and Red Gate Lane,** well being check. Small child at the intersection with a bike and a ball, appears to be unsupervised. Sun was flashing in her eyes and she almost didn't see him. Area search negative, child not found.
6:28 p.m. **Cedar and Hull streets,** traffic enforcement.
6:39 p.m. **Cedar and Hull streets,** motor vehicle stop; citation issued.
7:02 p.m. **Cedar and Hull streets,** motor vehicle stop; citation issued.
7:03 p.m. **Grace Drive and Hull St.,** property found. Caller reports a red/burgundy mountain bike is at the corner, been there since Monday. Bike returned to station, a Chevano Road Master, color purple.
8:29 p.m. **Nichols Road,** medical aid.

Thurs., Sept. 25

2:52 a.m. Suspicious person. Male with red sweatshirt is walking around with a flashlight looking at the building and mailboxes. Delivery person.
2:59 a.m. **Atlantic Ave.,** Sandy Beach, abandoned motor vehicle. RV that is parked at above location. Male is from Germany.
6:40 a.m. **King St.,** community policing.
6:45 a.m. **Border St.,** Atlantica, noise complaint. Caller reports that in the parking lot they are sucking out the sewer. Emergency call to the restaurant.
7:29 a.m. **Bancroft and Norfolk roads,** directed patrol.
7:47 a.m. **Chief Justice Cushing Hwy.,** MBTA Cohasset Station, traffic hazard. Light is stuck on red, traffic backed up for miles.
10:40 a.m. **Ripley Road,** directed patrol.
10:57 a.m. **Pratt Court,** animal call. Rottweiler dog running loose, scaring people. Believes the workers at the house let the dog out. Dog has returned home without issue.
11:08 a.m. **S. Main and Summer streets,** directed patrol.
11:20 a.m. **S. Main St.,** motor vehicle stop; citation issued. Motor vehicle towed by Scituate Collision. OFC to file summons for court.
12:18 p.m. **Elm St.,** motor vehicle stop; citation issued.
1:51 p.m. **Sohier St.,** traffic assignment.
2:22 p.m. **King St.,** directed patrol.
2:27 p.m. **Chief Justice Cushing Hwy.,** request for an officer, investigated.
7:23 p.m. **N. Main St.,** disturbance. Call into headquarters to report someone rang doorbell and ran off.
7:53 p.m. **Lamberts Lane.** Resident reports someone came into his house through the front and opened his refrigerator and left by front door. Nothing taken. He knows someone was inside because the paper strips he puts in his doors to detect intruders were disturbed. Requests a log entry.
8:24 p.m. **Lamberts Lane,** suspicious activity. Resident requests to speak to an officer in reference to previous incident. Spoke to caller, there is no crime. Also spoke to neighbors who did not see anything suspicious.
8:44 p.m. **Jerusalem Road,** medical aid.
10:05 p.m. **King St.,** suspicious activity. Caller was talking to the female and she heard a noise coming from the basement. Her vehicles are in the garage and there should be no vehicles in her driveway. Perimeter is clear, house is secure.
10:09 p.m. **Atlantic Ave.,** Cunningham Bridge, suspicious activity. Kids on the bridge with flashlights, been there for about an hour. Officer reports a few men doing some night fishing.
10:35 p.m. **Atlantic Ave.,** Cunningham Bridge, suspicious activity. Caller reports the men are on private property and she wants them moved. Said they are flashing their lights in her windows. Officer reports fishermen are out in the water in boats on west side of bridge. They are at least 400-500 yards away from her house. Caller will call station in the morning about the ongoing issue.

Friday, Sept. 26

7 a.m. **Cushing Road,** directed patrol.
7:21 a.m. **Beechwood St.,** suspicious item. A syringe on ground right in front of the mailbox.
8:12 a.m. **N. Main St.,** larceny report. Male into headquarters to report someone stoke his air conditioner out of the window.
8:57 a.m. **Sohier St.,** directed patrol.
9:02 a.m. **Sohier St.,** motor vehicle stop; citation issued.
9:15 a.m. **Sohier St.,** motor vehicle stop; citation issued.
9:31 a.m. **Wheeler Park, Scituate,** mutual aid ambulance, elderly female fell.
10:50 a.m. **Jerusalem Road and Linden Drive,** DPW. National Grid would like DPW to come to location.
11:03 a.m. **King and Sohier streets,** motor vehicle stop; verbal warning.
11:10 a.m. **Beechwood St. and Chief Justice Cushing Hwy.,** motor vehicle stop, written warning.
11:15 a.m. **Chief Justice Cushing Hwy.,** motor vehicle stop; verbal warning.
12:02 p.m. **Depot Court,** parking enforcement.
1:19 p.m. **Woodland Drive,** outside gas smell. Passerby smelled an odor of gas in this area. National Grid on scene.
2:08 p.m. **Chief Justice Cushing Hwy.,** fraud. Caller reports he received a phone call from a person stating a family member was arrested and they needed money.
2:24 p.m. **N. Main St.,** stationary traffic post.
2:33 p.m. **Old Pasture Road and Pleasant St.,** directed patrol.
2:38 p.m. **Old Pasture Road and Pleasant St.,** motor vehicle stop; citation issued.
3:27 p.m. **N. Main St.,** motor vehicle stop, written warning.
4:11 p.m. **Ledgewood Farm Drive,** medical aid.
6:46 p.m. **Hull St.,** disturbance. Caller reports her neighbor plays loud music all day. Her husband just yelled at neighbor to turn music down and he complied but she would like an officer to speak to him. Second caller reporting the same. Ongoing neighbor issue. Music has been returned to respectable level.
10:14 p.m. **Summer St.,** animal call. Caller believes he found a service dog. Owner of dog came into station. Advised to go to Summer Street.

Sat., Sept. 27

7:14 a.m. **Chief Justice Cushing Hwy. and Pond St.,** traffic post.
7:59 a.m. **Elm St.,** Fire Department, walk-in medical aid.
8:07 a.m. **Whitehead Road,** parking complaint. Truck unloading, vehicle has been moved.
9:17 a.m. **Elm St.,** Police Headquarters. Walk-in to station would like to speak with an officer about past domestic, no assault.
10 a.m. **Jerusalem Road,** medical aid. Runner possibly down.
10:34 a.m. **Howe Road,** follow-up.
11:46 a.m. **Elm St.,** Fire Department, medical aid.
1:12 p.m. **Forest Ave.,** traffic enforcement.
1:30 p.m. **Forest Ave. and Old Coach Road,** motor vehicle stop; citation issued.
2:05 p.m. **Chief Justice Cushing Hwy.,** suspicious person. Male has emptied his car and using the outside electricity. Officer reports everything appears in order. Construction company on scene, working on bank, parties check out.
2:50 p.m. **Beechwood and Doane streets,** traffic enforcement.
3:06 p.m. **N. Main St.,** Barnes Field, traffic enforcement.
3:40 p.m. **Ripley Road and Sohier St.,** disabled motor vehicle. Trailer without a hitch, owner will be right back. Tire, blown, 22-foot boat. Scituate Collision en route. Scituate Collision on scene with equipment. Boat towed to owner's yard.
7:11 p.m. **Green and Sohier streets,** motor vehicle stop; citation issued.
7:33 p.m. **Forest Ave.,** motor vehicle stop; citation issued.
8:19 p.m. **James Way, Scituate,** mutual aid ambulance.
9:44 p.m. **Chief Justice Cushing Hwy.,** motor vehicle stop; citation issued.

Sunday, Sept. 28

10:37 a.m. **Jerusalem Road Drive and Jerusalem Road,** parking complaint, parking ticket.
10:54 a.m. **Chief Justice Cushing Hwy.,** well being check.
1:39 p.m. **Sohier St.,** motor vehicle stop; citation issued.
2:17 p.m. **Chief Justice Cushing Hwy. and Ridge Top Road,** motor vehicle stop; citation issued.
2:23 p.m. **Chief Justice Cushing Hwy.,** Brass Kettle Medical Building, hazardous situation. Needle in the back of the building on the walkway.
3:03 p.m. **Sohier St.,** motor vehicle stop; citation issued.
4:03 p.m. **Chief Justice Cushing Hwy.,** Tedeschi's Plaza, medical aid. Caller reports that in the parking lot there is a male who appears to be passing out. Male is in a Ford Taurus. Appears to be under the influence. Reports male parties' parents responded and retrieved their son and their vehicle.

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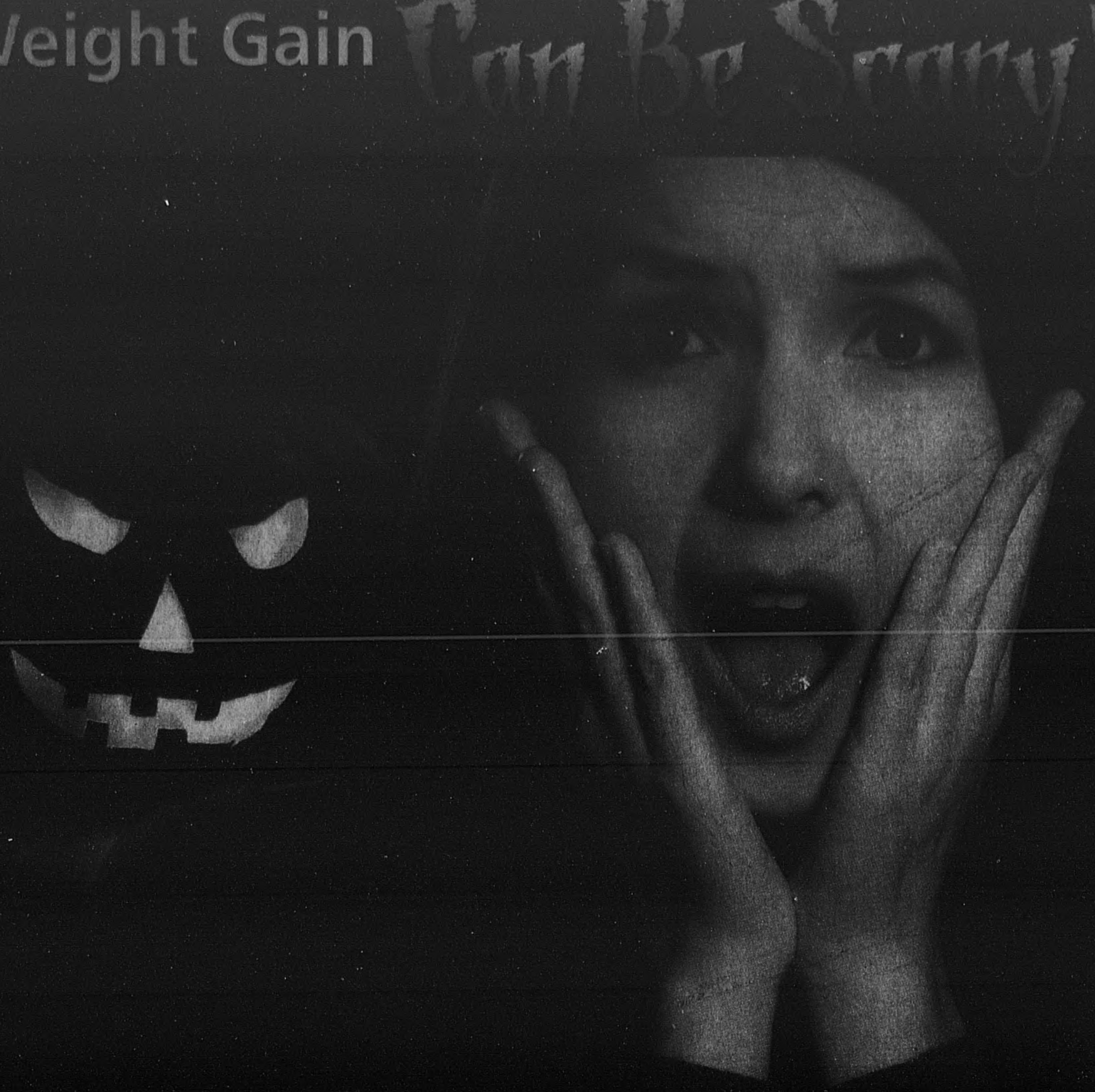

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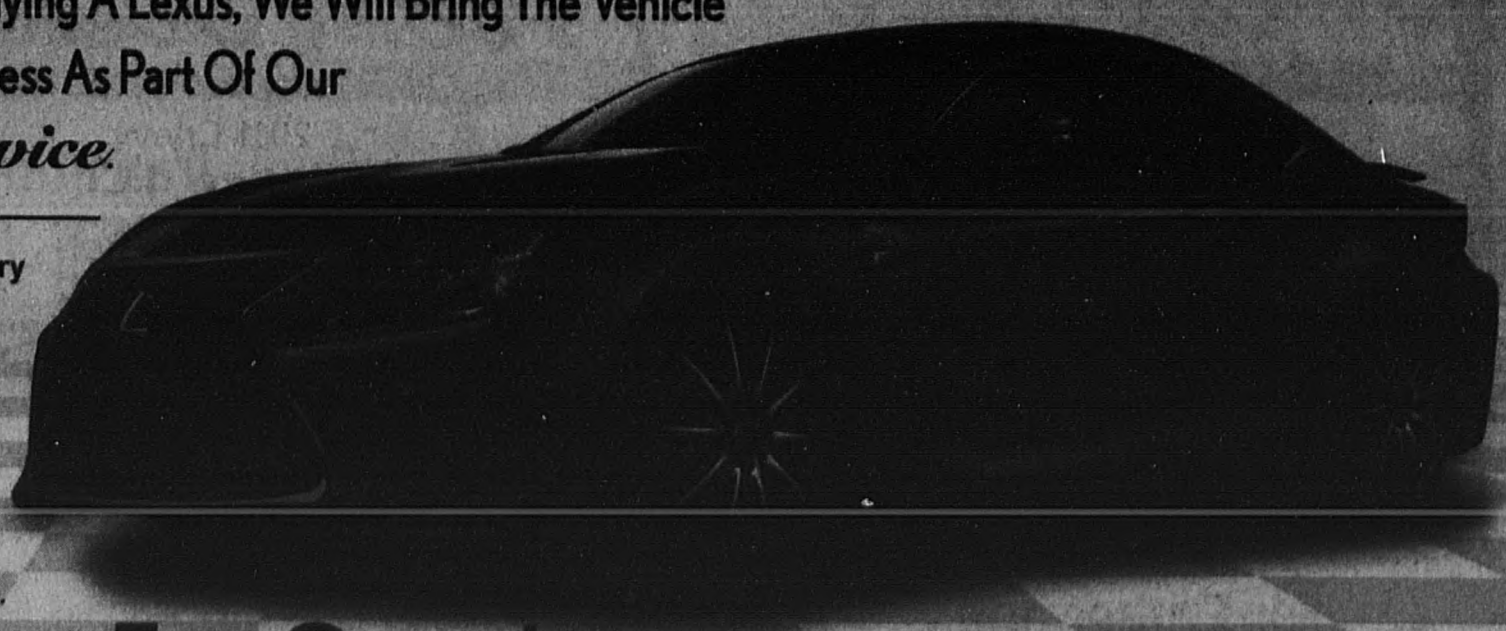

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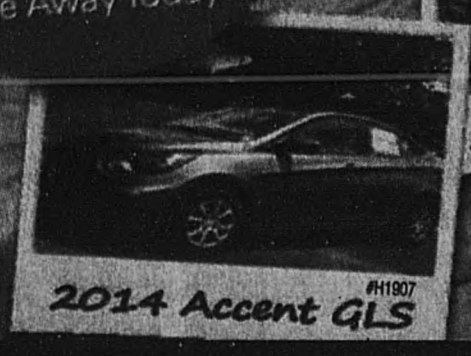
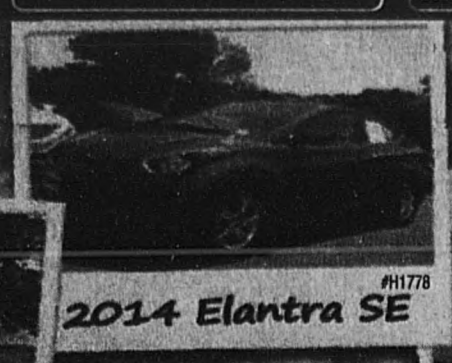

2014 Accent GLS #H1907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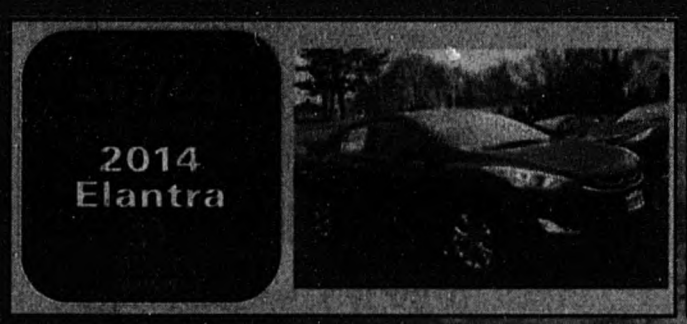
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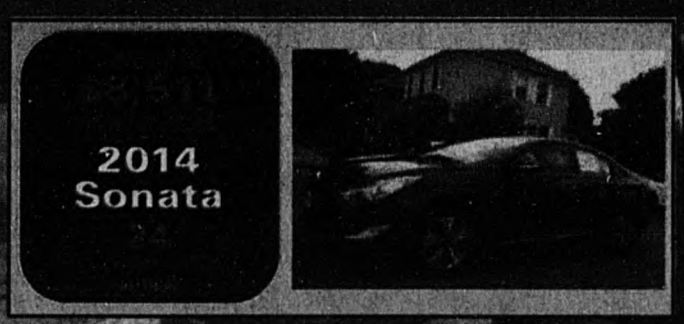
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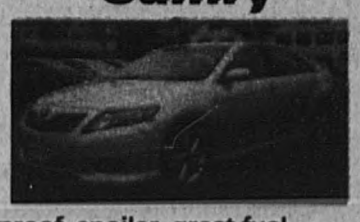

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- CADILLAC USER EXPERIENCE
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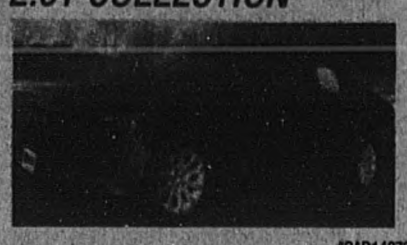

#CAD14073

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WITH CONQUEST SIGN & DRIVE

2014 CADILLAC XTS STANDARD COLLECTION

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- CADILLAC USER EXPERIENCE
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- ALL WEATHER FLOOR MATS
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#CAD14093

LEASE FOR $419 PER MONTH FOR 39 MONTHS

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2014 CADILLAC SRX FWD STANDARD COLLECTION

- ALLOY WHEELS
- LEATHER
- PREMIUM CARE MAINTENANCE

#CAD14219

LEASE FOR $329 PER MONTH FOR 39 MONTHS

WITH CONQUEST SIGN & DRIVE

2014 CADILLAC ELR

- LUXURY PACKAGE
- ELECTRIC DRIVE
- ADAPTIVE CRUISE
- LEATHER
- PREMIUM CARE MAINTENANCE

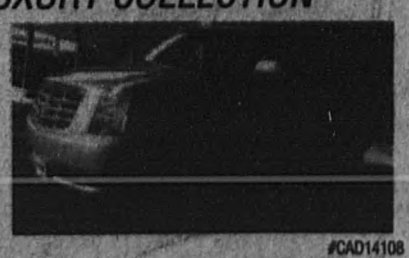
#CAD14135

LEASE FOR $499 PER MONTH FOR 39 MONTHS

WITH CONQUEST, $2884 DUE AT SIGNING

2014 CADILLAC ESCALADE AWD LUXURY COLLECTION

- LEATHER
- NAVIGATION
- SUNROOF
- REAR ENTERTAINMENT
- PREMIUM CARE MAINTENANCE



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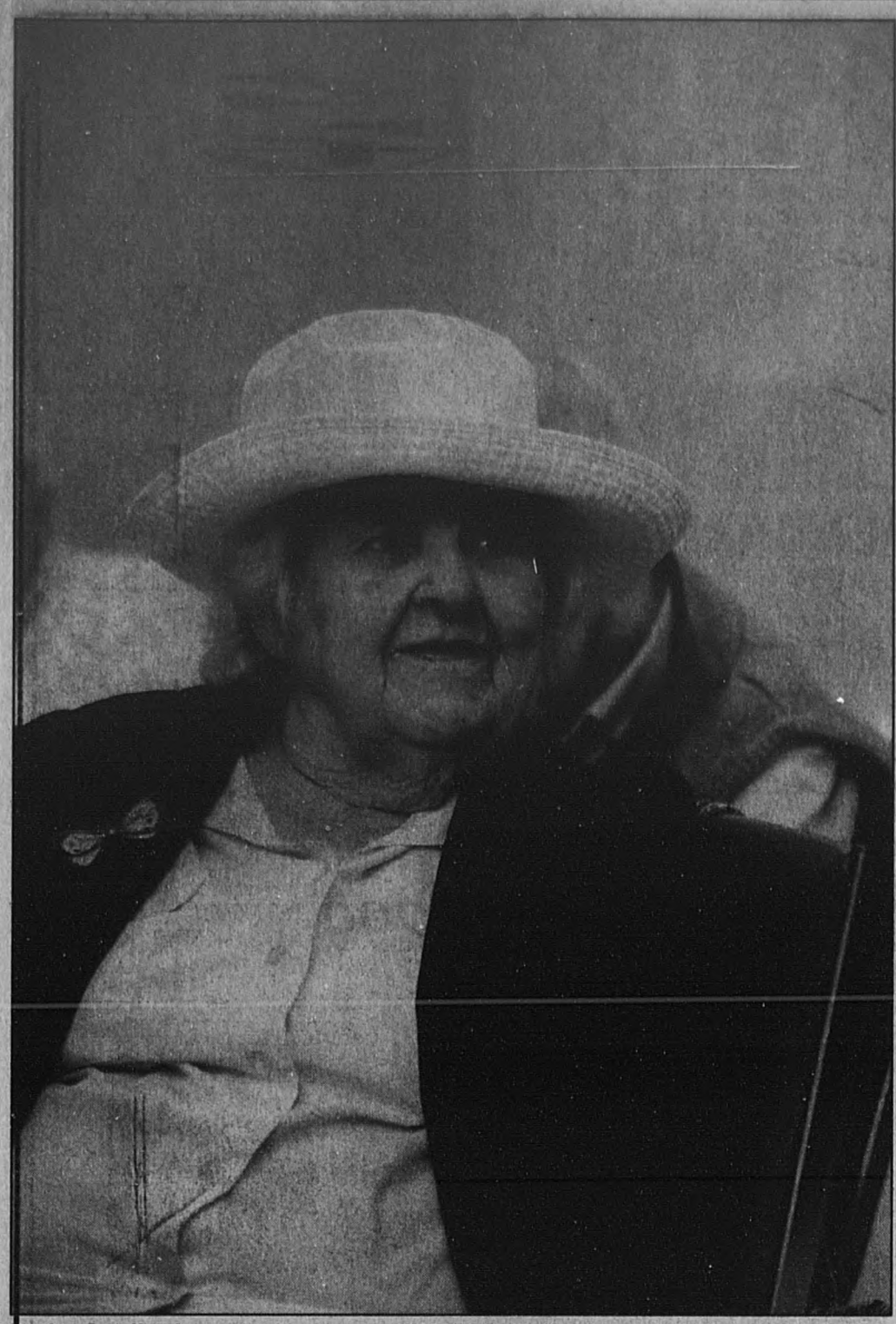
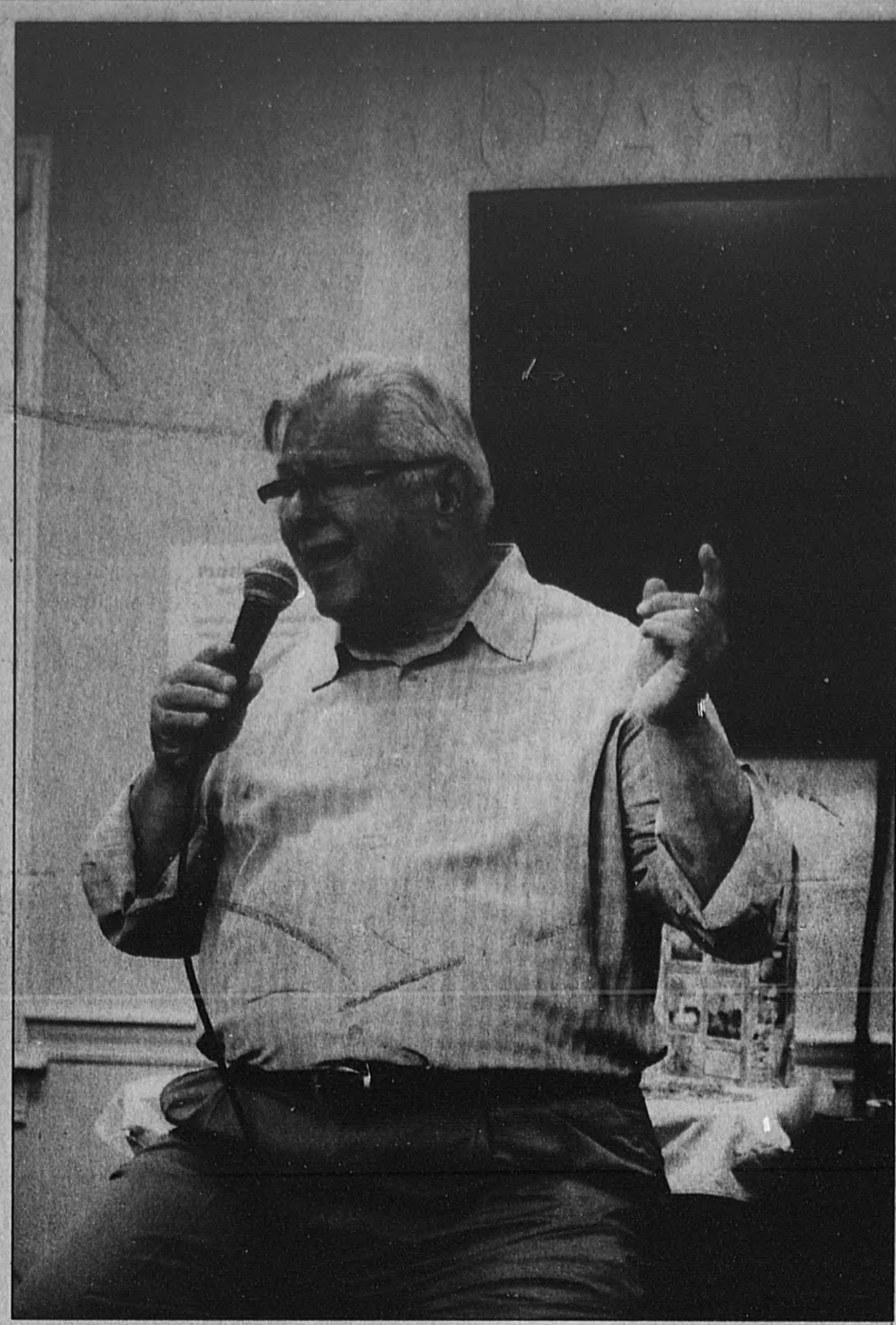


Louise Smullen is entertained by vocalist Jim Porcello singng the songs of Tony Bennett.



Vocalist Jim Porcello sings Tony Bennett songs for the appreciative audience at the Cohasset Senior Center.

SENIOR CENTER

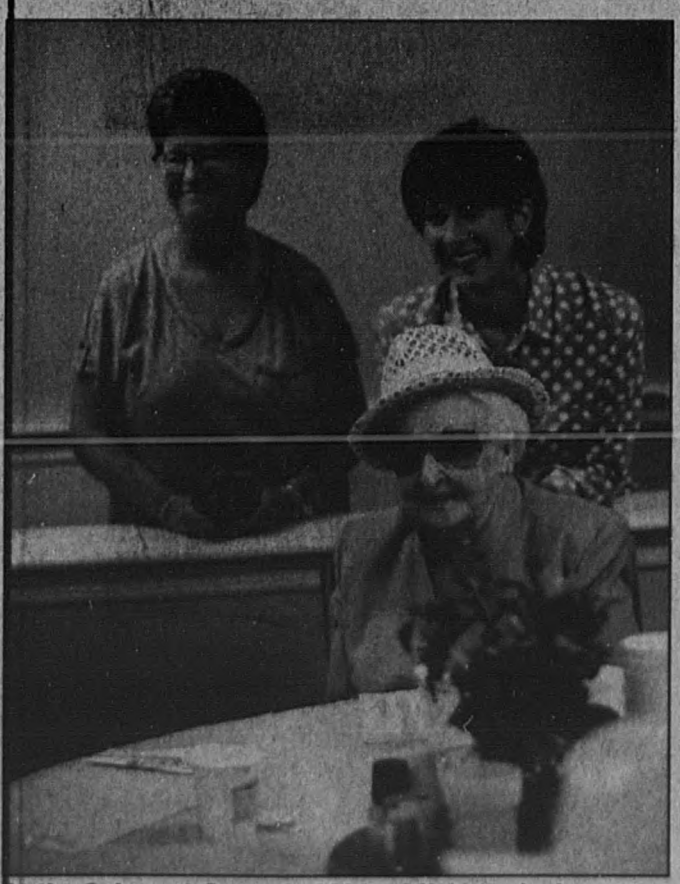
Enjoying songs from Big Band era

WICKED LOCAL PHOTOS
BY CHRIS BERNSTEIN

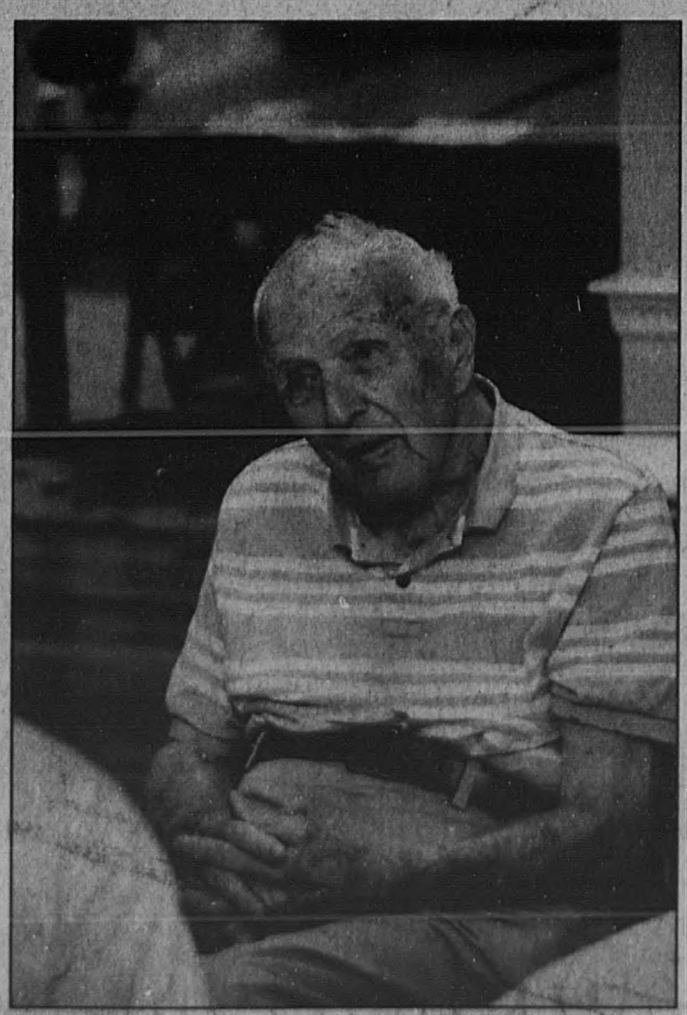
Local seniors recently enjoyed hearing vocalist Jim Porcella, who formerly performed at the Ritz Carleton and the Bay Tower Room. Tony Bennett songs were a big hit with the top-tapping group. Special guest chef Mary Kay served up a super lunch. The special event was sponsored by Home Instead Senior Care in Norwell.

Seniors applaud visiting vocalist Jim Porcello.

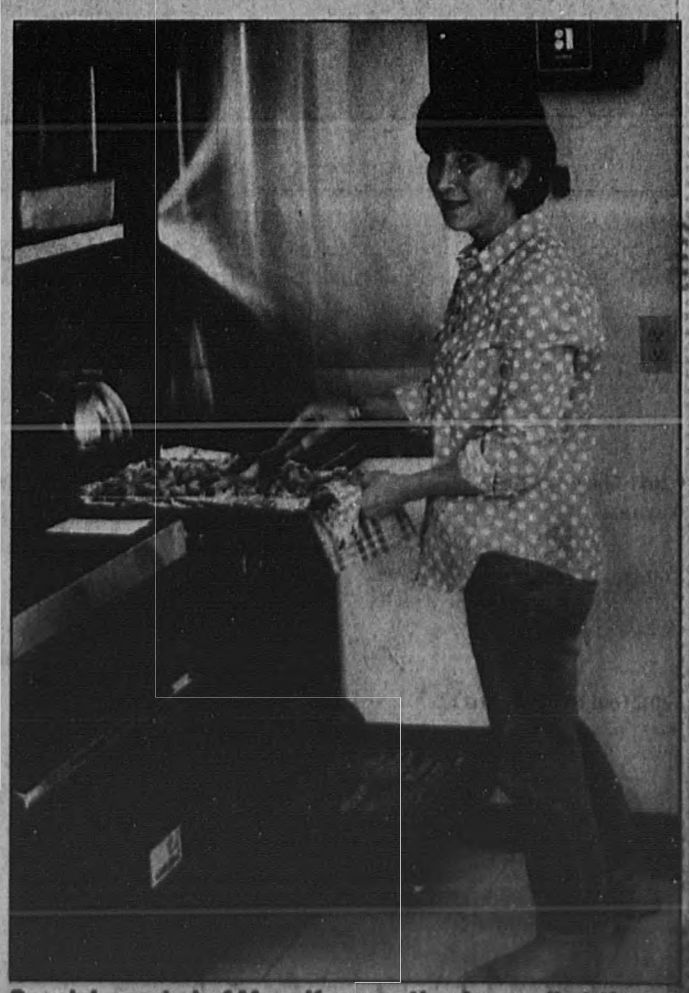
At the Cohasset Council on Elder Affairs, seniors enjoying special guest, performing vocalist Jim Porcello, who was sponsored by Home Instead Senior Care of Norwell.



At the Cohasset Council of Elder Affairs, enjoying special guest, performing vocalist Jim Porcello, Alysa Goodrich (front) with Elder affairs services co-ordinator Liza Salerno (L), and special guest volunteer chef Mary Kay (R). Performing vocalist Jim Porcello was sponsored by Home Instead Senior Care of Norwell.



Peter Tolman sings along with vocalist Jim Porcello.



Special guest chef Mary Kay roasting broccoli at the Senior Center kitchen.

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Donate your unwanted vehicle to Special Olympics Massachusetts.
YES! You may be able to receive a tax deduction*
*Restrictions may apply
1-800-590-1600 | www.RecycleforGold.org
Special Olympics Massachusetts

STOP THE TEXTS. STOP THE WRECKS.
Ad

Brendan Higgins slices a pepperoni pizza with a cutter while getting it ready for a customer.

Brendan Higgins of Peel Pizza takes a pizza out of the oven while working at his store in Hingham Square.

Rudy Campos of Peel shapes one of the 70 large pizza dough balls they make fresh everyday for their pizza.

DISHING IT OUT

Peel Pizza Company in Hingham

Meet manager Brendan Higgins

By Carol Britton Meyer
cmeyer@wickedlocal.com

We're dishing it out at Peel Pizza Company in Hingham this week where diners can watch their rustic homemade pizza made from scratch from start to finish with fresh ingredients and no preservatives.

Name of staff and position:
Brendan Higgins, manager.

How long have you worked here:
Since it opened in May 2013.

How do you describe the fare you offer at Peel:
Rustic, Neapolitan thin-crust pizza and calzones, fresh seasonal salads, homemade lasagna, and baked skillet wings. We also offer an individual, gluten-free pizza and a slice of the day special.

See food online!
Check out Peel Pizza Company manager Brendan Higgins putting together a perfect pepperoni pie on hand tossed dough made fresh daily. Watch it on your Wicked Local website's homepage.

Favorite dish on the menu:
Stuffed pepper pizza, with prosciutto, pepperoni, and spicy cherry peppers. It's the perfect combination of salty and spicy.

Favorite drink:
Oskar Blues Yellow Pilsner -- one of the many craft and domestic beer and wine choices we offer.

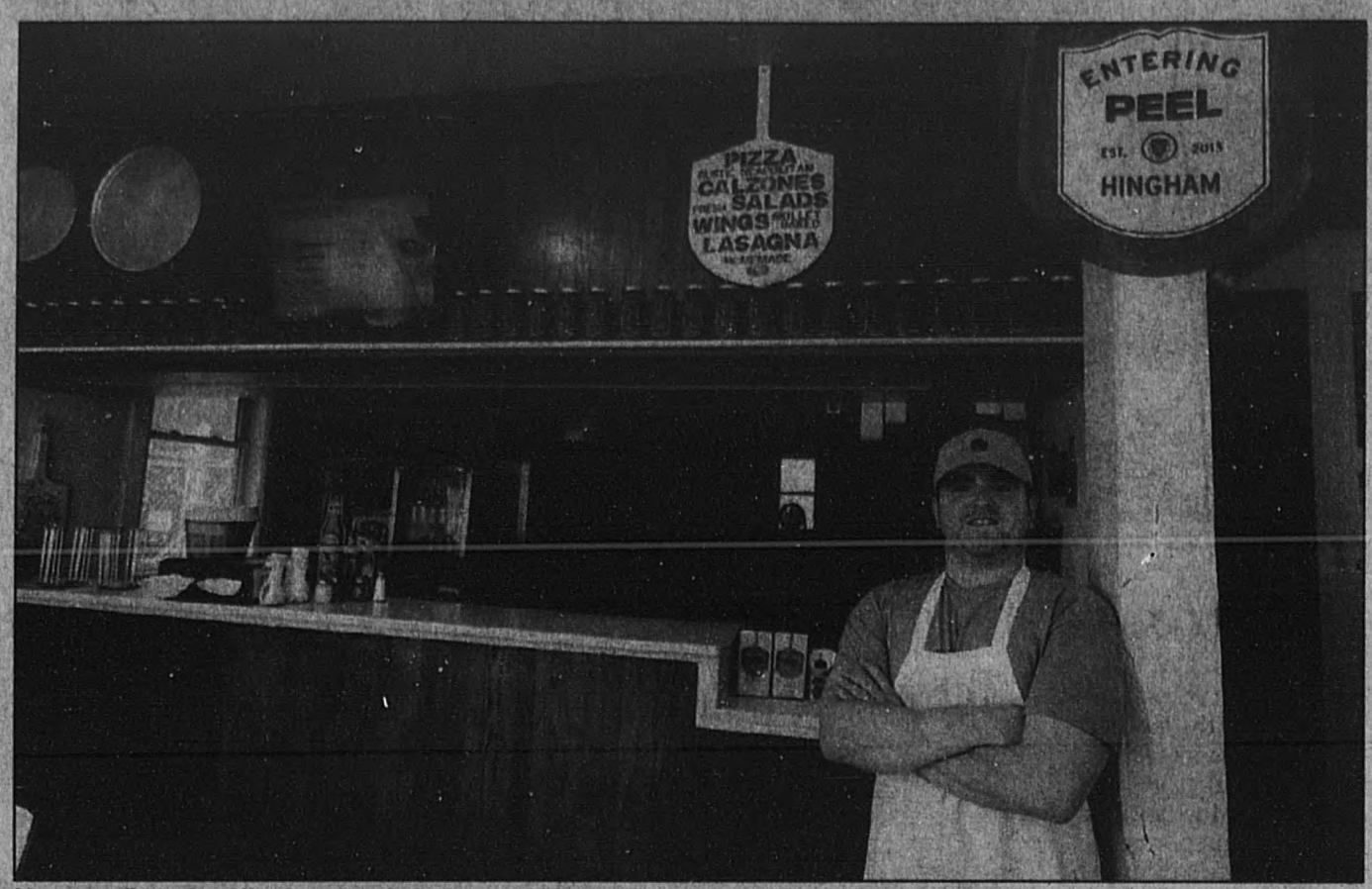
What's new on the menu?
This fall we will begin selling ciabatta sandwiches on our own fresh bread, baked daily (the same dough as our pizzas!)

The best thing about working here:
Our customers.

What locally grown food/produce are used the restaurant's dishes?
Throughout the past year, when available, we have used fresh produce and home-grown beef from Weir River Farm in Hingham to make some pretty amazing pizza specialties. We are so lucky to have such an amazing place right down the street!

What makes Peel stand apart from other dining options in the area?
A fun atmosphere and an open kitchen concept where customers can see every step in the making of their pizza — from the mixing of the dough and making of the sauce fresh, everyday, to watching us roll the dough, dress the pizza, and take it piping hot out of the oven. And we make everything from scratch — no preservatives, no sugars. Simple and healthy.

About Peel Pizza Company: *Located at 73 South St., Hingham Square, Peel Pizza offers specials and new menu items and free delivery to Hingham, Cohasset, Hull, and parts of Weymouth. Call (781) 740-2775 for more information or visit Peel's Facebook page, PeelPizzaCo or www.peelpizzaco.com. Restaurant hours are: Sunday, 12 to 8 p.m.; Monday, 11 a.m. to 8 p.m.; Tuesday, Wednesday, and Saturday, 11 a.m. to 8:30 p.m.; Thursday, 11 a.m. to 9 p.m.; and Friday, 11 a.m. to 9:30 p.m.*



Manager Brendan Higgins stands in front of his counter at Peel Pizza which makes their dough fresh everyday.
WICKED LOCAL STAFF PHOTOS / ROBIN CHAN

YES! You may be able to receive a tax deduction for donating your vehicle!
*Restrictions may apply

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Recycle for Gold
Donate your unwanted vehicle to Special Olympics Massachusetts.

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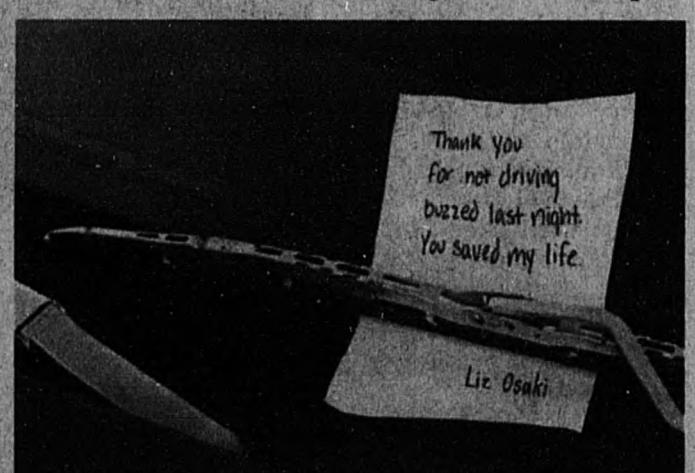
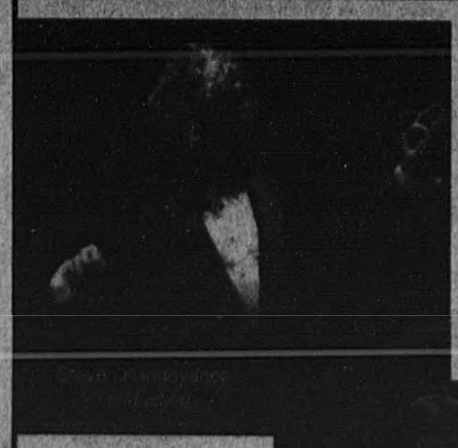
1-800-590-1600 | www.RecycleforGold.org



SAVE A LIFE. DON'T DRIVE HOME BUZZED.
BUZZED DRIVING IS DRUNK DRIVING.
Ad Council | U.S. Department of Transportation

OPENING NIGHT CONCERT
SATURDAY, OCTOBER 18, 2014



SONIC TREASURES
8PM
Memorial Hall, Plymouth

Tchaikovsky *Romeo & Juliet*
John Williams *Schindler's List*
Smetana *The Moldau (Vltava)*
Glazunov Violin Concerto

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YOUR NEWS

HOW TO SUBMIT

Send your photos and news to Mary Ford, 73 South St., Hingham, MA 02043 cohasset@wickedlocal.com or fax to 781-741-2931.

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

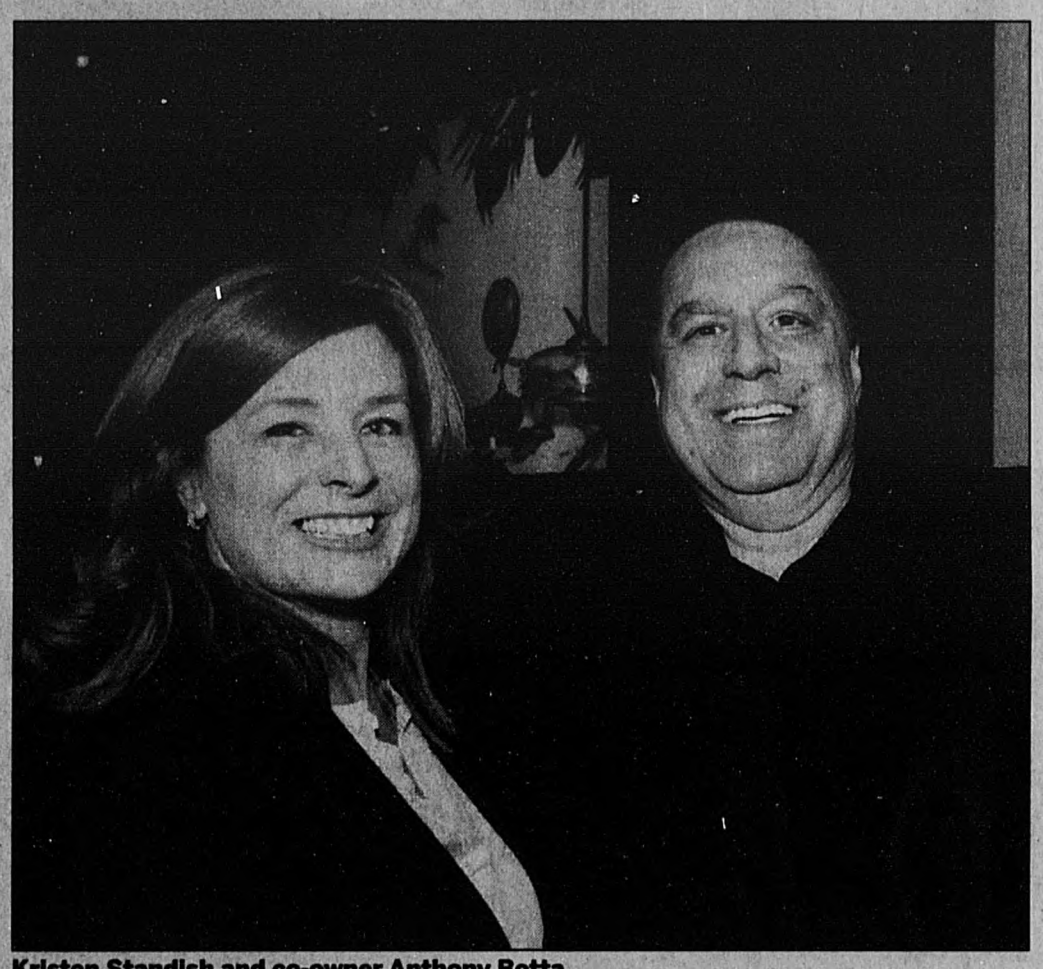
Janice Eve Dale, with owner, Mark Tosi and his wife Mariann Tosi. COURTESY PHOTOS

Boston restaurant with Cohasset connection

Cohasset resident, Mark Tosi, recently opened up Bel Ari (a new restaurant in the Leather District in Boston). Mark's friends from Cohasset were there to celebrate with him.

The space, which was formally occupied by Sorriso Trattoria has a fresh look, taste, and vibe. Proprietors Mark Tosi and Anthony Botta began re-fashioning the concept back in January; the evolved space exemplifies the modern renaissance feel of the 'LD' and its emerging urban-chic persona. On Sept. 18th owners, management and staff revealed the changes and celebrated its new character.

Bel Ari Italian Modern is just steps from its sister restaurant Les Zygomates at 107 South Street. For more information on Bel Ari Italian Modern, please find them on: facebook.com/belariBoston and belariboston.com



Kristen Standish and co-owner Anthony Botta.

Kristen Standish, Mark Tosi and Janice Eve Dale.

From left: Janice Eve Dale, Nancy Weissman and Mariann Tosi.

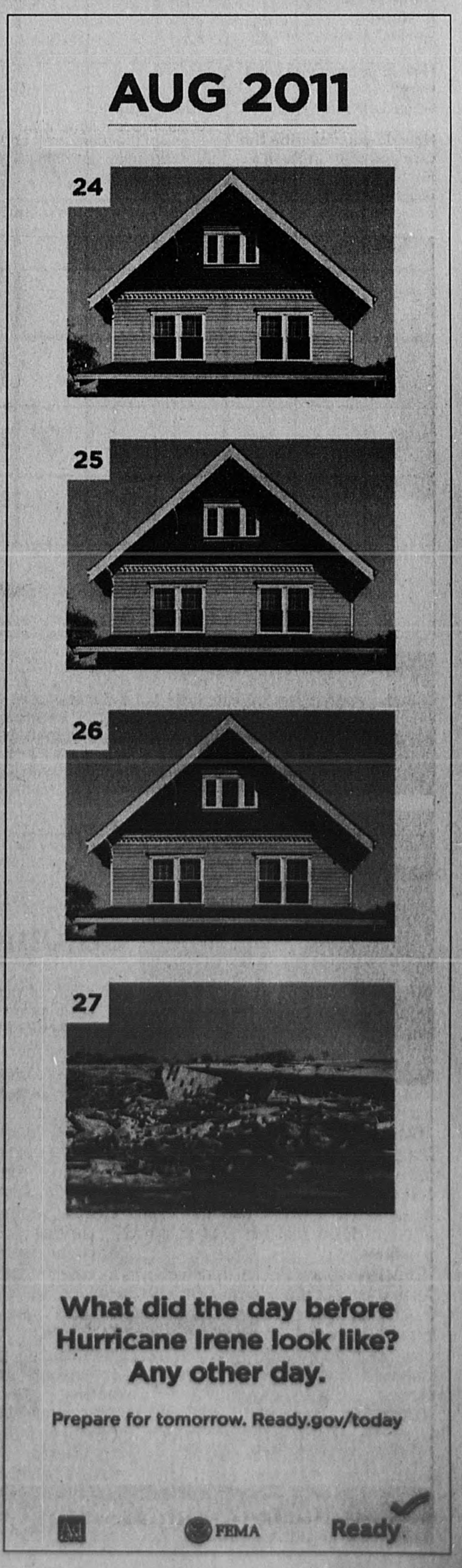
FALL HARVEST

Send us your apple/ pumpkin picking photos

The leaves are starting to change on the trees, there's a nip in the air and it's getting darker earlier.

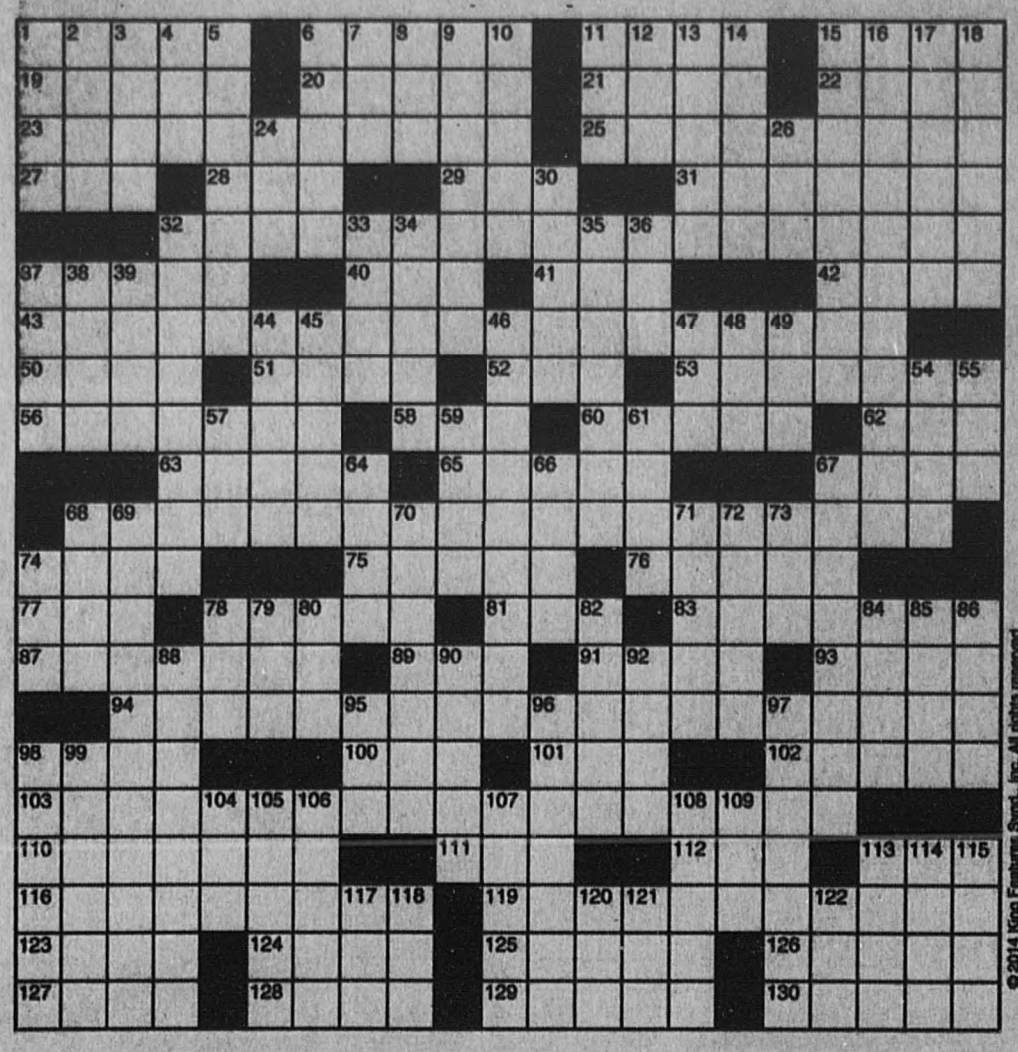
It can only mean one thing - it's fall time! If you find yourself out in the fields picking apples or pumpkins, snap a photo and send it our way.

Email a jpg attachment to Cohasset@wickedlocal.com. Be sure to identify people in the photo, where and when it was taken. We'll run some in print and all online.



PUZZLES

Crossword - Singer on The Circuit



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ACROSS
1 Western resort lake
6 Wear away by rubbing
11 Cottony
15 See 42-Across
19 Splendor
20 Carted off to jail
21 Luminous radiation
22 Et — (plus others)
23 Start of a riddle
25 Window dressings
27 Send over a phone line
28 "Game of Thrones" airer
29 — Alamos, New Mexico
31 Disregard
32 Riddle, part 2
37 "The Core" director Jon
40 English miler Sebastian
41 Number of cards in Livy's deck?
42 With 15-Across, comic strip since 1957
43 Riddle, part 3
50 Citizens' rights org.
51 Letters before omegas
52 No longer in the mil., say
53 Perpetually
56 Treatment regimen
59 "...'— quit!" (threat ending)
60 "— a Grecian Urn"
62 It often follows "Co."
63 Skater Slutskaya
65 "Ditto"
67 Achieves
68 Riddle, part 4
74 Reiner of film
75 — a limb
76 Admits
77 Close male rel.
78 Fork over
81 How- — (handy books)
83 London section
87 Metropolis on Hokkaido
89 Hokkaido, e.g.: Abbr.
91 Cheeky
93 Suit to —
94 Riddle, part 5
98 Judicious
100 Poseidon's realm
101 Ready-fire linkup
102 Total flip-flop
103 End of the riddle
110 Stood in for
111 Secret agent
112 Baby docs
113 In the manner of
116 Outer onion features
119 Riddle's answer
123 Part of many a sweatshirt
124 A party to
125 Singer Baker
126 Jefferson, religionwise
127 Male offspring
128 Kellogg's waffle brand
129 Streisand film of 1983
130 Thrill

DOWN
1 End-of-week cry
2 — Romeo
3 Bamboozle
4 Hockey hero Bobby
5 Mask opening
6 Thief
7 Half a bray
8 "Raggedy" playmate
9 Frequent fly-ball catcher
10 Biblical witch's home
11 Bummed
12 "— Lips Are Sealed"
13 Swiss coin
14 Thin out
15 Bank offerings for autos
16 1989-90 futuristic cop show on Fox
17 — together (assembled)
18 Pie or tart
24 Peacock TV network
26 Self-importance
30 Decipher
32 Subsequent interment
33 Trendy antioxidant berry
34 "That's false"
35 2009-11 crime drama on Fox
36 "Diamond —" (Mae West play)
37 At the drop of —
38 Ratio of fast flight
39 Not engaged
44 — Lederer, a.k.a. Ann Landers
45 "Girlfriend" boy band
46 Pupil of Plato
47 Suffix with phenyl
48 Hopping Aussie critter
49 Bed-and-breakfast
54 Blood type, for short
55 Machines with CPUs
57 Rainbow, e.g.
59 Finn's floater
61 Prima donna
64 Elvis — Presley
66 Italian river
67 Aversion
68 Actress Rue
69 Spread of ideas, e.g.
70 Reviewed, as the books
71 Plainly visible
72 Unwilling
73 Jettas and Golfs, briefly
74 Breakers' radios
78 Jack of "Barney Miller"
79 Aetna rival, informally
80 Vast stretch
82 Madrid locale
84 Caesar's last reproach
85 Within reach
86 Actress Laura
88 Feigns
90 Pre-Ayatollah rulers
92 Bombeck of home humor
95 Broadband inits.
96 No-brainer
97 Recede
98 Strips cut by scythes
99 Sneeze sound
104 LP replacers
105 Jack of "The Great Dictator"
106 Drawing on
107 "— the Lord my soul to keep"
108 Principled
109 Recede
113 Brunei locale
114 A deadly sin
115 Required bet
117 Holiday drink
118 — -Cat
120 Yang partner
121 Mel the Giant
122 — Aviv

Sudoku

	4				1			2
		2	8				7	
5				3		9		
		8			7	4	3	
6			5					1
	5			4		6		
	2			7			8	
4					9	7		
		1	3					6

Level: Challenging

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Magic Maze - Flag

E I E B Y V S Q N K H E B Y W
T C R L O S L N L J G E B Y W
U R U P L T I A G N K I G D B
Z X V R Y A D P N S Q O G M K
I G E C T F B O I G A N Y W U
S Q P P N F L T W E I J H F E
C A A I Y X O S O N L S V U S
Q C P H W A V E R O A O N M K
J H F S E C B U H T F M P Z Y
X R E R A E B V T S U T R Q P

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Burning	Football	Ship	Stop
Captain	Man	Signal	Throwing
Day	Of truce	Staff	Waver
Down	Pole	Stone	

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HOROSCOPE

Salome's Stars

ARIES (March 21 to April 19) An upcoming trip could create some problems with your schedule unless you tie up as many loose ends as possible before you head out the door. Ask a friend or colleague to help you.

TAURUS (April 20 to May 20) Being eager to start a new project is fine. However, moving ahead without knowing what actually will be expected of you could cause a problem down the line. Ask some questions.

GEMINI (May 21 to June 20) Getting through some recent challenges in good shape might give you a false sense of security. Don't relax your guard. You need to be prepared for what else could happen.

CANCER (June 21 to July 22) Caution is still advised, even though you think you're as prepared as you need to be. Keep in mind that change is in your aspect, and you should expect the unexpected.

LEO (July 23 to August 22) The Lion's gift of persuasion helps you get your points across, even to some of your most negative naysayers. An old friend might seek you out for some advice.

VIRGO (August 23 to September 22) Being sure of your convictions is fine. But leave some room for dissenting opinions. You might learn something that could help you avoid a possible problem later on.

LIBRA (September 23 to October 22) Getting good legal advice on what your rights actually are is the first step toward resolving that pesky problem so that it doesn't re-emerge at a later date. Good luck.

SCORPIO (October 23 to November 21) Longtime relationships work well this week, whether they're personal or professional. It's also a good time to invite new friends and colleagues into your life.

SAGITTARIUS (November 22 to December 21) This is a good week to do the research that will help you uncover those irrefutable facts that can back you up on your new venture when you most need it.

CAPRICORN (December 22 to January 19) Change is an important factor in your aspect this week and could affect something you might have thought was immune to any sort of adjustment or "alteration."

AQUARIUS (January 20 to February 18) Being asked to share someone's deeply personal confidence might be flattering, but accepting could be unwise. Decline gracefully but firmly.

PISCES (February 19 to March 20) As wise as you are, you could still be misled by someone who seems to be sincere but might not be. Take more time to assess the situation before making any commitments.

BORN THIS WEEK: You like to face challenges that others might try to avoid, and by so doing, you set an example of courage for all.

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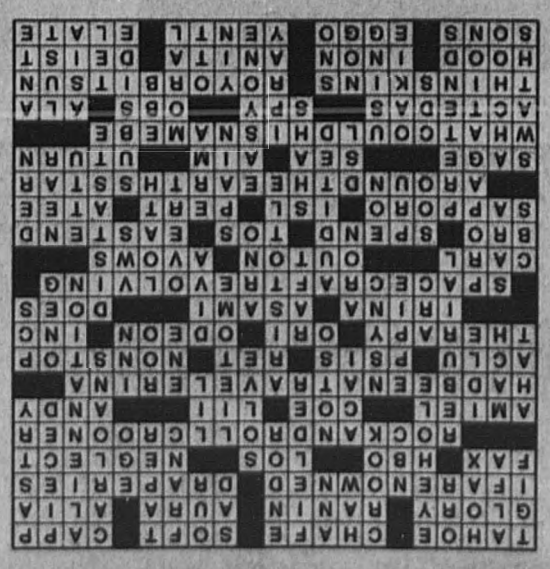
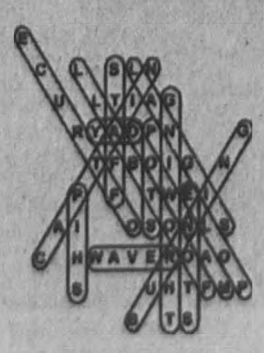
SOLUTIONS



FLAG —



8	4	9	7	5	1	3	6	2
1	3	2	8	9	6	5	7	4
5	6	7	4	3	2	9	1	8
2	1	8	9	6	7	4	3	5
6	7	4	5	2	3	8	9	1
9	5	3	1	4	8	6	2	7
3	2	5	6	7	4	1	8	9
4	8	6	2	1	9	7	5	3
7	9	1	3	8	5	2	4	6

CALENDAR

HOW TO SUBMIT

Planning an event? Send your event information by email to scalendar@wickedlocal.com or by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Email photos as a jpeg attachment at a resolution of at least 200 dpi and no smaller than 3 X 5 inches in size. For more information call 781-837-4518.

Atwater-Donnelly duo performs at Ventress Memorial Library

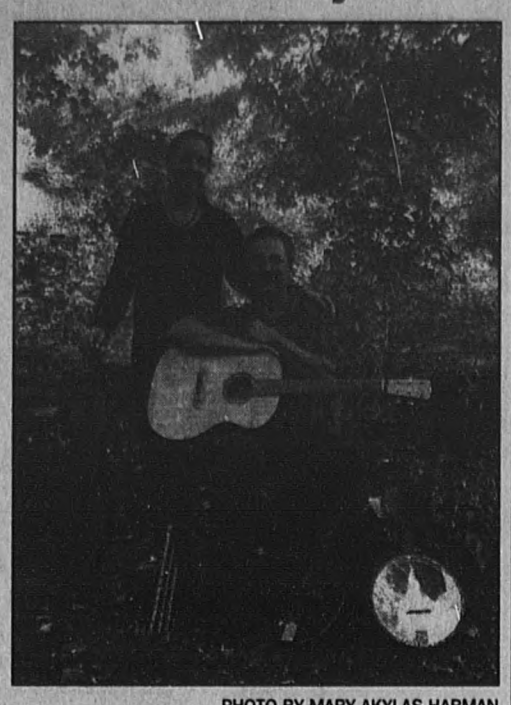
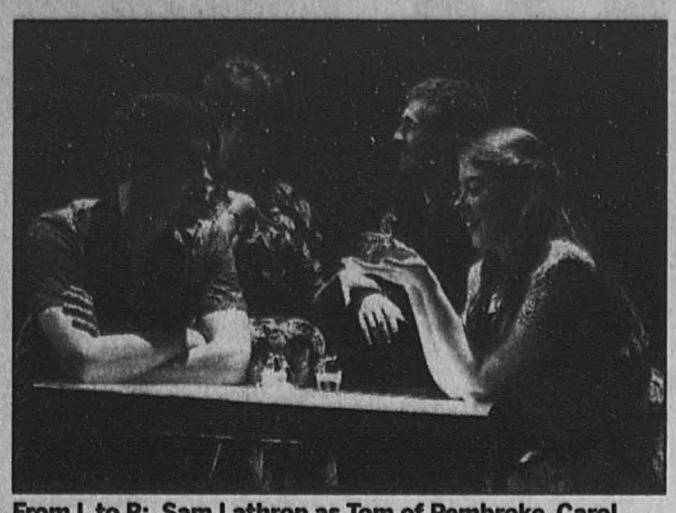


PHOTO BY MARY AKYLAS HARMAN

WHEN: 2 p.m. Saturday, Oct. 4.
WHERE: Ventress Memorial Library, 15 Library Plaza, Marshfield.
INFO: This concert is in memory of Joanne Kannaly, long-time member and treasurer of the Friends of the Ventress Memorial Library. Enjoy traditional American and Celtic folk music and dance. Free and open to the public. Handicapped accessible. 781-834-5535 or www.ventresslibrary.org www.atwaterdonnelly.com.



From L to R: Sam Lathrop as Tom of Pembroke, Carol Stearns as Amanda of Weymouth, Jacob Plummer as Gentleman Caller of Hanover and Erica Morris as Laura of Sandwich.

The Company Theatre presents 'The Glass Menagerie'

WHEN: Friday, Oct. 3 to Sunday, Oct. 19.
WHERE: Company Theatre, 30 Accord Park Drive, Norwell.
INFO: Tickets for The Glass Menagerie are $23 to $25. For a performance schedule, to order tickets, or for more information, call the box office at 781-871-2787, email boxoffice@companytheatre.com, or visit www.companytheatre.com.

Bartholomew, Cappers, and Waynen Folk Trio at Hingham Public Library

WHEN: 3 p.m. Sunday, Oct. 5.
WHERE: Hingham Public Library, 66 Leavitt St., Hingham, in the Whiton Room.
INFO: The Trio will present a program of early-American folk music. Seating begins at 2:30 p.m. Free and open to the public.

SATURDAY, OCT. 4

Community Pancake Breakfast. First Church in Pembroke will again be hosting a breakfast on the first Saturday of the month from 8 to 10 a.m., through June, in the church Fellowship Hall, 105 Center St., Pembroke. Drop by pancakes, sausage, juice and coffee. Short Stack with two pancakes and two sausages costs $3, and the Super Stack with four pancakes and four sausages is $5. Tickets will be available at the door.

Barktoberfest, the Plymouth Area Chamber of Commerce will present Barktoberfest from 11 a.m. to 4 p.m. at Nelson Street Park in Plymouth. Features include live entertainment, contests, adoption parade and rabies clinic ($10 per animal). All dogs must be dog-friendly, adult-friendly and child-friendly. All dogs must have a current rabies vaccination, as required by state law. Proof, in the form of a valid tag or certificate, must be available upon request. Dog owners/handlers must pickup and dispose of their dog's waste. Only one dog per handler. Visit www.plymouthbarktoberfest.com for details.

Lakeville Arts & Music Festival, a free day of community, arts and crafts, music and more between 10 a.m. and 4 p.m., at the junctions of Routes 105 and 18 and Precinct Street in Lakeville. For a complete schedule visit www.LakevilleArts.com.

Merchant Fair at Central Square Congregational Church, 71 Central Square (on the common), Bridgewater, from 10 a.m. to 2 p.m. Vendors including Mary Kay, Solar City, Silpada, Usborne Books, and more. Free coffee. 508-697-6016 or www.csccucc.org.

First Saturday takes place in downtown Plymouth from 10 a.m. to 6 p.m. the first Saturday of every month from May to December. Businesses in downtown Plymouth (Court and Main streets and Main Street Extension) stay open a little later and offer special deals. www.firstsaturdayplymouth.com

Author John DiCicco will be signing his book "The Leadership Gene" from 3 to 5 p.m. at Barnes & Noble, 96 Derby St., Hingham.

Tour of Burial Hill, the Plymouth Antiquarian Society invites the public to a free tour of Burial Hill at 1 p.m. the first Saturday of the month (except January), as part of the Antiquarian Society's program, "Burial Hill: History in Progress." Local historians and guides share their individual expertise on a range of topics. Meet at the main Burial Hill stairway; no reservations are required for individuals and families. Wear appropriate shoes. 508-746-0012 or www.plymouthantiquariansociety.org.

Oktoberfest, join members of Plymouth Lodge A.F.& A.M. from 1 to 6 p.m. at 116 South Meadow Road, Plymouth, for an outdoor Oktoberfest to benefit the family of Chet Flattery. The event will be held on the recently renovated pavilion area behind the lodge. It will feature live entertainment, refreshments, activities and a selection of German cuisine. Tickets are $20 in advance, and donations will benefit the Flattery family. To purchase tickets, contact Victor Hansen at 508-493-7696 or email vichansen75@gmail.com.

Graveyard Walk at Center Cemetery, Route 14, Pembroke Center, from 4 to 5:30 p.m. Meet at Pembroke Historical Society, 116 Center St. Pembroke at 4 p.m. Rain or shine, wear sturdy shoes. Suitable for adults and older children, due to the nature of the talk.

Meat Raffle at Weymouth Eagles, 1338 Washington St., Weymouth from noon to 4 p.m. In addition to meat, raffles will held for a 55-inch TV, a couple of 50/50's and 10 free drawings at the end of the raffle. A bar will be open and refreshments will be available.

Atwater-Donnelly duo will perform at the Ventress Memorial Library, 15 Library Plaza, Marshfield at 2 p.m. Free and open to the public; no tickets required. Handicapped accessible. 781-834-5535 or www.ventresslibrary.org www.atwaterdonnelly.com.

Seymour's Revenge at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

Gainsville Road at Hajjar's, 969 Washington St., Weymouth, 781-340-1870, www.hajjars.net

Cruisin at The Tavern, One Proprietors Drive, Marshfield. 781-837-0000.

Ellis Paul concert, presented by South Shore Folk Music Club, with Chris Trapper opening, at 8 p.m. at the Beal House, 222 Main St., Kingston. Tickets are $25 each; $23 per member. Advance tickets are available from www.brownpaperticketS.com/event/628416. For details, see www.ssfmc.org.

DJ Doubletake at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

Krush at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999, www.britishbeer.com.

Justin Frye at the British Beer Company, 2294 State Road, Cedarville, 508-888-9756, www.britishbeer.com.

Irish Seisiun at Lucioso's Pub at 6 Spring Lane in Plymouth, 5:30 p.m. Free.

Rock 'n Blues with Heather Twiss and After Hours, 7:30 to 11:30 p.m. at John Alden Sportsman's Club, 16 Minuteman Lane, Plymouth. Charge is $5 per person at the door. 508-224-3384.

Jazz Night featuring Debra Mann Quintet, 7:30 p.m. at The Spire, located at 25 1/2 Court St., Plymouth, 508-746-4488. See www.spirecenter.org for details. Tickets are $25.

SUNDAY, OCT. 5

All-you-can eat buffet breakfast from 8 to 11:30 a.m. at Corner Stone Lodge, 585 Washington St., Duxbury, first Sunday of each month. The menu includes scrambled eggs, home fries, bacon, sausage, toast, English muffins, baked beans, French toast, juice and coffee. Pancakes will be cooked to order. Price is $7 per adult, $6 per senior, $5 per child age 12 and under. If possible, take can tabs to donate for Shriners hospitals. This is open to the public.

Harvest Festival, open house for Second Nature Center at 76 Ferry Hill Road, Marshfield Branch, YWCA of Cambridge, Marshfield from 11 a.m. to 3 p.m. This festival is open to all ages and is free to attend. Kids games, bouncey house, make a video, interactive club activities, pumpkin scavenger hunt, jewelry making, and information on Fall After School Sessions including Homework Help, Specialty Clubs, Fun Fridays. www.secondnaturesocialskills.com.

Arts By the Bog Festival will be held from 10 a.m. to 4 p.m. at Flax Pond Cranberry Farm, 58 Pond St., Carver. Admission and parking are free. Artists, craftspeople and artisans will display and sell their handmade items and some will be demonstrating their crafts throughout the day. Activities: face painting; children's craft activities; cranberry harvest photo props. Food will be provided by Bob and Tammy Falzarano of Wicked Smokin' BBQ. 508-923-9080 or email artsbythebog@hotmail.com.

Third annual Fall for Scituate Festival presented by The Scituate Chamber of Commerce from 10 a.m. to 4 p.m. in North Scituate Village. The family friendly festival features Clydesdale hitch hay rides, pony rides, the ever popular chowder/chili fest, the East Coast Game Truck, face painting, ice cream eating contest, touch a tractor, magic by The Great Rolando, music by Ronnie Lewis and the Expedition, 24' Vertical Rush obstacle course slide, Broadway review with OnStage Theatre, sing a long and crafts with Elsa and Anna, crafters/artisans, food and much more. Admission is free, with a fee for some activities. 781-545-4000.

Carver Farmers' Market from noon to 4 p.m. Sundays to Oct. 26, rain or shine, in Shurtleff Park on Route 58 across from the Carver Town Hall. 508-866-2428.

History of the Brick Kiln Shipyard Walk sponsored by the NSRWA at 1 pm. Local historian, Joseph Chetwynd, will enthrall you with the rich history of the Brick Kiln Shipyard at the site of the original yard. He will also talk about the history of shipbuilding on the North River. Mr. Chetwynd authored 17 chapters about shipyards and ship builders in the Pembroke 300th anniversary book about the history of Pembroke. The book will be available for sale. To register visit www.nsrwa.org or call 781-659-8168. Space is limited.

Folk trio, Bartholomew, Cappers, and Waynen, to perform early-American folk music in the Whiton Room at Hingham Public Library, 66 Leavitt St., Hingham at 3 p.m. Seating begins at 2:30 p.m. Free and open to the public.

Sunday Author Talks Series at 4 p.m. in the Paul Pratt Memorial Library, 35 Ripley Road, Cohasset with author Alex Beam. Beam will talk about his book "American Crucifixion: The Murder of Joseph Smith and the Fate of the Mormon Church." A wine and cheese reception and book signing will follow his talk. Free admission. Seating is limited. 781-383-1348 or www.cohassetlibrary.org

Party on the Patio season finale featuring 3rd Left, 2 to 6 p.m. at British Beer Company, 2294 State Road, Cedarville, 508-888-9756, www.britishbeer.com.

Meet the Maestro, Steven Karidoyanes, music director of the Plymouth Philharmonic Orchestra, will introduce the public to the 2014-2015 musical season at 7 p.m. in the Otto Fehlow Meeting Room of the Plymouth Public Library at 132 South St., Plymouth. Every attendee will receive one complimentary raffle ticket upon arrival. 508-830-4250//TTY 508-747-5882 or visit www.plymouthpubliclibrary.org.

Nick Pangakis, 4 to 7 p.m. at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

MONDAY, OCT. 6

New Beginnings Singles Support Group, Inc. for newly widowed, separated or divorced adults, meets on Monday evenings at 6:30 p.m. at The Cushing School's Knights of Columbus Culinary Arts Center, 391 Washington St., Hanover. NB is a singles support organization dedicated to healing, growing and learning; not a dating service. Information: visit http://nbnorwell.org/, email at info@nbnorwell.org or call 781-499-2659.

Meet the Maestro, find out how Steven Karidoyanes, music director of the Plymouth Philharmonic Orchestra, chooses the music and create the program for each season. Hear from the maestro himself at 7 p.m. at the Plymouth Public Library, 132 South St., Plymouth. This free, interactive evening combines Karidoyanes' unique storytelling and professional expertise as he previews the new season's music selections, complete with recorded audio excerpts. Light refreshments.

IACO meets at 7 p.m. at Grove Manor, Braintree. Italian-American Cultural Organization of the South Shore celebrates Italian Heritage Month. Explore and discuss the trials and tribulations of Italian immigrants who came to the U.S. after World War II with panelists. Refreshments will be served. General public and visitors are welcome.

Free Texas Hold'em with the Northern Poker League at 7 and 10 p.m. at Black Raspberry Pub, 36 Cordage Park Circle, Plymouth, 508-830-0022.

Open mike night, 8:30 p.m. Mondays at Main Street Sports Bar & Grill, 39 Main St., Plymouth, 774-283-4129, www.mainstsportsbarandgrill.com.

TUESDAY, OCT. 7

Ballroom Dancing every Tuesday from 7:30 to 11 p.m. at The Viking Club, 410 Quincy Avenue, Route 53, Braintree. Live bands every week. Singles and couples welcomed. Admission is $10. Information: 781-784-2678 or 781-335-3171.

South Shore Men of Harmony rehearse every Tuesday at Hingham Community Center, 70 South St., Hingham, from 7:30 to10:30 p.m. 781-337-SING (7464). Information: 781-337-7464.

Irish Sessions every Tuesday at Turners Yard, 615 Washington St., Pembroke. 7 p.m. 781-826-2532. www.turnersyard.com.

Open mike with Jackson Wetherbee every Tuesday at The Tinker's Son, 707 Main St., Norwell, thetinkerson.com, 781-561-7361.

QuestionaryTrivia every Tuesday night at Hajjar's, 969 Washington St., Weymouth, 781-340-1870, www.hajjars.net

Jazz at Martini's, Tuesdays from 7 to 10 p.m. at Martini's, 50 Court St., Plymouth, featuring the Kenny Wenzel jazz group. Kenny Wenzel plays trombone and flute; drummer is Gene Roma. Call 774-773-9782 or visit www.martinisplymouth.com for information.

Wicked Trivia with Pat Lally, 7:30-9:30 p.m. at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999.

Mike Rahman Trio, 9 p.m. to close, at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

Dave Foley performs at the British Beer Company, 6 Middle St., Plymouth, 508-747-1776, www.britishbeer.com.

WEDNESDAY, OCT. 8

Adventures in the Autumn Woods every Wednesday through Oct. 22 from 9:30 to 11 a.m. Join Elsa Ryberg, SSNSC's founding director of Nature Center Preschool, for a fun program that brings your child outside for games, trail walks, songs, stories, experiments and so much more. Dress for the weather. Ages 3-5, Drop-off. Pre-register at www.southshorenaturalsciencecenter.org or 781-659-2559. Fee: $40 full member; $52 non-member.

Parents & Tots Nature Walk every Wednesday from 9:45 to 10:45 a.m. Take a leisurely guided walk with your tot to discover the wonders of the woods, field, and pond. Explore the outdoors and investigate the change of the seasons with one of the experienced naturalists. Rain or shine. Ages 5 & Under with Caregiver. Drop-in. Fees: $5 Full Member; $7 Non-member; caregivers and infants under 1 free.

Team Trivia at 7 p.m. every Wednesday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

Karaoke night at the Black Raspberry Pub, 9 p.m., 36 Cordage Park Circle, Plymouth.

Pancho Steel, 9 p.m. to close, at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

Aldous Collins Band at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999 or visit www.britishbeer.com.

THURSDAY, OCT. 9

The JFK Experience, 2 p.m. at the Plymouth Public Library, 132 South St., Plymouth. The live, one-man theatrical production focuses on the life and times of John Fitzgerald Kennedy. Presented by Mike Lowe, JFK historian and re-enactor, the presentation combines speeches, multimedia narrations and "in character" question-and-answer sessions to evoke the spirit of the 35th president and his times. This event is free and open to the public; no registration is required. Light refreshments will be available courtesy of Emeritus at Plymouth Beach. For more information, visit www.plymouthpubliclibrary.org or call 508-830-4250, ext. 219, or email slarosa@ocln.org.

Plymouth Farmers' Market, 2:30 to 6:30 p.m. each Thursday through October, at Plimoth Plantation in Plymouth, rain or shine, on the grassy field at Plimoth Plantation's River Street entrance. More than 40 vendors, music by local musicians, activities for kids. Free and open to the public. www.plymouthfarmersmarket.org.

Mark T. Small performs at 7 p.m. every Thursday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

Jekyll & Hyde at The Zeiterion Performing Arts Center. The national tour of Broadway's Tony Award-winning international musical sensation, Jekyll & Hyde will be at 8 p.m. Tickets are $39-$59 and are available at www.zeiterion.org, 508-994-2900 or at The Z Box office, 684 Purchase St. in downtown New Bedford. This show is recommended for ages 13+ due to mature content. For more information and a complete listing of shows, visit www.zeiterion.org.

Stephen Todesco with The Willie J Laws Band. Followed by open mike with Willie J Laws Jr. Jammers invited and welcome. Free pizza, at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

Open mike w/Mike Visconti and Boston Catalano, 9 p.m. to close, at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

Mark Purcell performs at the British Beer Company, 6 Middle St., Plymouth, 508-747-1776, www.britishbeer.com.

Jeff Hilliard Duo at the British Beer Company, 2294 State Road, Cedarville, 508-888-9756, www.britishbeer.com.

Steve Mazzetta and Kenny Isaacs at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999 or visit www.britishbeer.com.

FRIDAY, OCT. 10

Marshfield Farmers' Market, from 2 to 6 p.m. at the Marshfield Fairgrounds 140 Main St. has over 40 local farmers, food vendors and select artisans. Today is the last Market. Held rain or shine in an Indoor/outdoor setting featuring agricultural displays, live music, free demonstrations and kids' activities every week. Admission and parking are free, easy access for wheel chairs and strollers. Handicapped parking inside the gates.

Chris Stovall Brown at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

The Naked Stills and Sarah Blacker will perform at 8 p.m. at The Spire, located at 25 1/2 Court St., Plymouth, 508-746-4488. See www.spirecenter.org for details. Tickets are $15.

DJ EZ, 9 p.m. to close, at Waterfront Bar and Grill, 170 Water St., Plymouth, 508-591-8393.

DJ Dave at British Beer Company, 2294 State Road, Cedarville, 508-888-9756, www.britishbeer.corn.

Emergency Broadcast System at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999, www.britishbeer.com.

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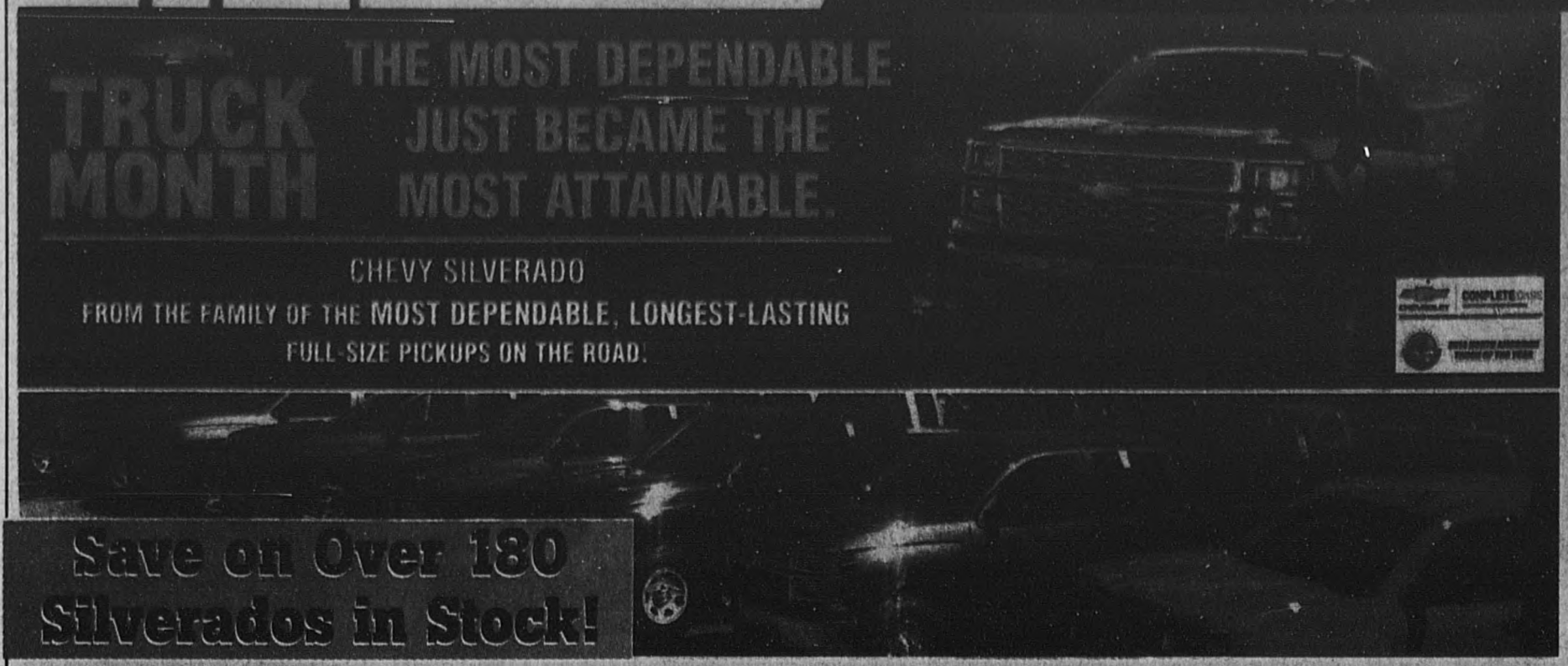

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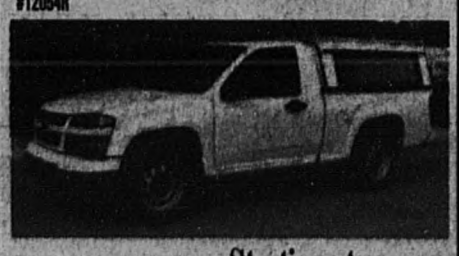

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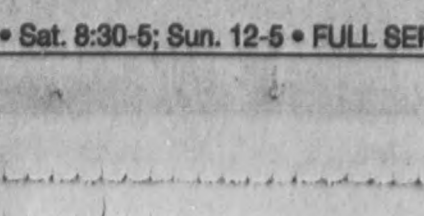

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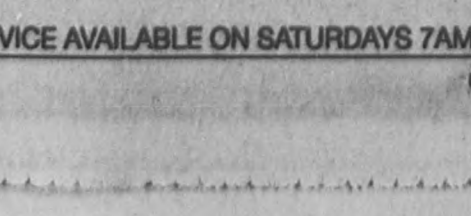

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